RIDING THE RAPIDS
SOUND TOO FAR AWAY? TRY MONTREAL {page 28}

FIRST PAIR ICED
SEVEN COUPLES LEFT IN BATTLE OF THE BLADES {page 22}

FEISTY
NEW GIRL ADDS SOME KICK TO HIT SHOW {page 20}

OTTAWA metro®
Wednesday, October 6, 2010
www.metronews.ca

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Semrau booted from military

- Capt. Robert Semrau was convicted by a court martial in July of disgraceful conduct
- Was acquitted of second-degree murder in battlefield death of Taliban fighter

▶ Capt. Robert Semrau arrives for his military court martial sentencing in Gatineau yesterday.

An exemplary army officer admired by his troops and praised by his superiors saw his career vanish yesterday, as a military judge ordered him kicked out of the military for shooting a wounded insurgent in Afghanistan.

Capt. Robert Semrau is to be reduced to the rank of second-lieutenant and dismissed from the Canadian Forces for shooting a severely wounded and unarmed Taliban fighter after a firefight in Helmand province two years ago.

Semrau strode from the Gatineau courtroom without a word, clutching the hand of his wife, after Lt.-Col. Jean-Guy Perron handed down the sentence.

"You personally failed to abide by one of our most important principles: That of using force only in accordance with lawful orders."
MILITARY JUDGE LT.-COL. JEAN-GUY PERRON IN HANDING HIS SENTENCE TO CAPT. ROBERT SEMRAU

His defence team said they would discuss the possibility of an appeal.

Perron described Semrau as an exemplary officer whose men testified to his courage and leadership and whose commander would happily have him back. He said the shooting was clearly out of character. But, he said, none of that mitigated the gravity of the offence.

Perron said Semrau had to face the consequences of "a decision that will cast a shadow on you for the rest of your life."

THE CANADIAN PRESS

Ontario

McGuinty unfazed by polls

- Premier says backlash from hydro bills, sagging numbers won't derail quest for third term
- 'We have a year to govern,' he says {page 6}

Commonwealth Games threat ruled a hoax

More problems in Delhi as official puts foot in his mouth {pages 12 & 13}

Parting shot from Stewart

The Daily Show host shoots back at fired CNN broadcaster Rick Sanchez {page 22}

Doesn't have to be turkey day

Thanksgiving can be a time for pork {page 31}

Yankees Twin killers again?

Minnesota hopes to avenge many a post-season loss {page 34}

OCTOBER CLASSES
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Accounting and Payroll Administrator

Program Objective
The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements that exposes each student to gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skill required to do the job and the communication skills needed to work within an office environment. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

Career Opportunities
Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:
Technical Skills
- Bookkeeping & Financial Accounting–Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply–Levels 1 & 2
- Computerized Accounting, AccPac–Levels 1 & 2
- QuickBooks
- Introduction to Payroll
- Human Resources
- Introduction to Business
- Effective Business Writing

Fitness and Health Promotion

NEW

Program Objective
The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities
Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:
- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:
- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques

Certification
This program helps prepare you for these Can-Fit-Pro certifications:
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- Personal Trainer Specialist
- Nutrition & Wellness Specialist

Onsite Can-Fit-Pro testing is provided for graduates

Personal Support Worker

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This 24 week program includes 11 weeks of clinical placement.

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This 40 week diploma program includes an 8 week co-op placement.

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The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

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Global Citizen comes home

At age 72, Moshe Safdie doesn't intend to stop the creative juices coursing through his veins.

The internationally renowned architect best known for Habitat — his thesis project-turned-Expo '67 masterpiece in Montreal — and Ottawa's National Gallery of Canada is kicking off his retrospective exhibition in the building he designed.

Celebrating his 40-year career, Global Citizen: The Architecture of Moshe Safdie opens to the public today at the National Gallery of Canada, complete with 35 life-like models, 52 drawings and over a dozen videos.

His work spans three continents, including 12 major projects in Canada such as the Vancouver Public Library and Terminal 1 at Toronto's Pearson International Airport.

Safdie admits, though, that he got very lucky at a fairly young age.

"At 25 I had my own practice, building Habitat. Usually before you're 35 or 40, you don't get a break, particularly if you want to be an independent architect," said Safdie.

"I think his buildings themselves are global citizens at the world stage," said exhibit curator Donald Albrecht, an architect by trade who is now a curator with the New York Museum.

The exhibit will be open until Jan. 9.

JOE LOFARO

JOE LOFARO/FOR METRO OTTAWA

▶ "It was an extraordinary moment in the history of Canada," said Moshe Safdie, of the unveiling of his notorious Habitat housing complex at Montreal's Expo '67.

Doucet wants to reclaim our city

Ottawa can't achieve good governance by re-electing any of the city's former mayors, says candidate

A mayoral candidate said he wants to see the Ontario Municipal Board gone so that the city of Ottawa can govern itself.

Three changes, which also include no longer allowing developer or union funding of local political campaigns, and respecting the city's own land planning, height and density bylaws, will allow Ottawa to better govern itself, said Clive Doucet, who presented his platform on good governance yesterday.

"But it can only be done with a mayor who believes that, in an age when eight out of 10 Canadians live in cities, large municipalities need to be respected as senior levels of government, not children to be monitored.

"We have to take responsibility for our own land," said Doucet, adding the city has to work with others to get its lobbyists together and go collectively to the province to ask to be liberated from the OMB.

"If they're faced with 80 per cent of the population telling them they don't want the OMB, they can get rid of it. But you can't do it city by city."

TRACEY TONG

"It's a question of political will and political will can change if the people of Ottawa are willing to change the kind of people who represent them on council." CLIVE DOUCET

TRACEY TONG/METRO OTTAWA

▶ "I have come to believe that for much of the time, our city is no longer governed in the interest of the citizens of Ottawa," said mayoral candidate Clive Doucet yesterday.

1 news

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Jason Kenney unapologetic in spat with controversial former U.K. MP George Galloway. Video at metronews.ca/canada

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IMMIGRATION

Interns set to hone job skills

Sudanese-born Madut Majok was displaced in the country's civil war.

Here in Ottawa, he got an internship through the Federal Internship for Newcomers program which later became a permanent job.

"This internship will change how your resumés will be assessed by employers," he said to the prospective interns yesterday.

The 2010-2011 program launched yesterday to help newcomers acquire Canadian work experience in fields relevant to their skills, said Minister of Citizenship, Immigration and Multiculturalism Jason Kenney.

This fall, 60 interns will take part in the program, which has been expanded to other agencies, including Health Canada.

TRACEY TONG

Acclaimed authors to read for charity

Two Canadian authors — one whose book chronicles her experience with breast cancer and the other, contemporary Vietnam and the new economy — are speaking at the Read for the Cure event at downtown's Marriott Hotel tonight.

The author of The Beauty of Humanity Movement, Camilla Gibb writes about identity, family and community.

It's been five years since her last book, Sweetness in the Belly, which was shortlisted for the Scotiabank Giller Prize.

"I was writing it for myself, so I needed it to be very honest and very raw in many ways."
RUTH RAKOFF

The author of When My World Was Very Small, Ruth Rakoff said her book is about more than breast cancer — "It's about life, crisis, falling down and moving forward."

TRACEY TONG

Volunteer in court over assault

A volunteer with the Ottawa Police Service faces charges of sexual assault, sexual exploitation and impersonating a peace officer after a woman said she was assaulted. Roger Pednaud appeared in court yesterday.

TRACEY TONG

Police nab familiar face at mall

Police are investigating after a man with a loaded gun in a plastic bag was arrested for trespassing at the St. Laurent Shopping Centre. The man, who is known to police, faces weapons charges, among others.

TRACEY TONG

Animation fest turning Japanese?

TIM WIECLAWSKI/METRO OTTAWA

▶ OIAF artistic director Chris Robinson wrote the script for Theodore Ushev's short animated film Lipsett Diaries, which is in the Canadian Showcase.

Fest's Let's Go Crazy program will explore depictions of mental health

TIM WIECLAWSKI
@METRONEWS.CA

The Ottawa International Animation Festival is experiencing a bit of a Japanese invasion this year.

"There is a number of Japanese films in competition," said OIAF artistic director Chris Robinson. "It's a very strong year. They've kind of taken over the festival."

This year's festival will be honouring Astro Boy creator Osamu Tezuka with special screenings of his films and those of other Japanese animators in the Time Out of Mind program.

Tezuka is considered the grandfather of anime, but the program itself will steer clear of anime so people can get acquainted with other aspects of Japanese animation.

There are 91 films in competition this year and 56 additional entries in the non-competition showcase. They were chosen from 2,911 submissions from 74 countries.

"The thing that's unique is that everyone is accessible at these festivals. The A-listers, the studio people — they're all friendly and very accessible."
OIAF ARTISTIC DIRECTOR CHRIS ROBINSON

Over 330 of those submissions came from Canadian animators, and 14 were chosen for competition.

Some of the highlights of this year's lineup include the Canadian premier of Gravity was Everywhere Back Then, a film about a man's quixotic attempt to cure his wife's cancer by turning his house into a healing machine.

Capital falls short of clean bill of health

In the five years since the Community Foundation of Ottawa released the first Vital Signs report, the cost of a transit pass has gone up 40 per cent and the average cost of a two-bedroom apartment has gone up 11 per cent, but social assistance payments for individuals have only gone up $49.

"It's no surprise, then, that 7,500 individuals became homeless last year, including an astonishing 1,317 children," said Marion Wright, chairwoman of the Alliance to End Homelessness.

For the most part, Ottawa is getting middling grades in the annual community checkup. The city is doing well with health and wellness, and with arts and culture, but it is doing very poorly when it comes to housing and the widening gap between rich and poor.

Part of the problem, said Wright, is that there is a consistent trend towards home ownership and a lack of new rental properties.

Stimulus funds helped pay for 751 new units opening next year, bringing the total affordable housing units built in the last 11 years to 1,860.

TIM WIECLAWSKI

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Spammer ordered to pay $1B

Spammers of the world, beware.

A Quebec man has been ordered to pay Facebook $1 billion after he allegedly bombarded its members with junk messages.

Quebec Superior Court has upheld a ruling by a U.S. court that Montrealer Adam Guerbuez owes that money after he flooded the Facebook accounts of members with 4 million spam messages.

A court in California ruled in 2008 that Guerbuez had violated U.S. electronic commerce laws.

Justice Lucie Fournier also forbade Guerbuez from having a Facebook account or being involved in any way with the social-networking site.

The spam sent by Guerbuez promoted medication to treat such conditions as erectile dysfunction.

THE CANADIAN PRESS

McGuinty plans to run again in 2011

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Premier Dalton McGuinty doesn't appear worried about polls showing Ontarians are ready for a change.

Opposition believes voters are ready to punish the premier

Public opinion polls showing most Ontario voters say it's time for a change in government aren't dampening Dalton McGuinty's excitement about trying for a third term as premier.

The Liberal government has had a rough few months, taking heat from the opposition parties and the public for rising electricity bills, a failed experiment with eco-fees, a so-called secret G20 law and for introducing the 13 per cent harmonized sales tax.

However, McGuinty said none of that will derail his quest for a third straight majority government on Oct. 6, 2011, because he's as excited as he was when he was first elected 20 years ago.

"You know I have the same sense of enthusiasm and energy and, I think most importantly, idealism that I had when I first got the job in 1990," he said after touring a high school.

"The premier can be as enthusiastic as he wants ... but the people of Ontario are very worried and he needs to get in touch with that reality."

NDP LEADER ANDREA HORWATH

"It's not about tempting fate. It's about continuing to assume responsibility. We've made tremendous progress, but I'm not satisfied."

The opposition, not surprisingly, thinks Ontario voters are in a mood to punish McGuinty and the Liberals for making life more unaffordable, especially with the introduction of the HST, which immediately added eight per cent to already rising electricity bills.

THE CANADIAN PRESS

Another hurdle for immigrants

A new report highlights how tough it can be for university-educated immigrants to find employment in Canada. The unemployment rate for that group of immigrants was almost 14 per cent last year compared to 3.4 per cent for Canadian-born workers with a degree, said the report released yesterday by the Community Foundations of Canada.

The jobs situation got worse for university-educated immigrants compared to 2006, while their Canadian-born counterparts held their own, said Monica Patten, president and CEO of the group that released Canada's Vital Signs 2010, an annual report looking at quality of life in this country.

"As our report says, the more education you have, the harder in fact it is."

MONICA PATTEN, COMMUNITY FOUNDATIONS OF CANADA

THE CANADIAN PRESS

Dancers take 'net' by storm

Flight attendants for a low-cost Philippine airline who dance to Lady Gaga to keep passengers from snoozing through an in-flight safety demonstration are the latest YouTube sensation.

THE ASSOCIATED PRESS

Video leads to Israeli investigation

The Israeli military said yesterday it was launching an investigation into a YouTube video that appears to show an Israeli soldier dancing around a blindfolded Palestinian Muslim woman.

THE ASSOCIATED PRESS

Shahzad gets life sentence

A Pakistani immigrant who tried to set off a car bomb in Times Square was sentenced yesterday to life in prison by a judge who said she hopes he spends time behind bars thinking "carefully about whether the Qur'an wants you to kill lots of people."

A defiant Faisal Shahzad smirked as he was given a mandatory life term that, under federal sentencing rules, will keep him behind bars until he dies.

"If I'm given 1,000 lives I will sacrifice them all for the life of Allah," he said at the start of a statement that lasted several minutes. "How can I be judged by a court that does not understand the suffering of my people?"

Shahzad — brought into the Manhattan courtroom in handcuffs and wearing a white skull cap — had instructed his attorney not to speak, and U.S. District Judge Miriam Goldman Cedarbaum told prosecutors she didn't need to hear from them. That left Shahzad and the judge free to spar over his reasoning for giving up his life in America to train in Pakistan and carry out a potentially deadly attack in Times Square. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ORKUT.COM

▶ Faisal Shahzad

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'Voiceprinting' played role in terror plot bust

Police in southern France yesterday arrested 12 in sweeps against suspected Islamic militant networks

Did their voices betray them? The discovery of an alleged terror plot against Europe owes at least some of its success to "voiceprint" technology that allows law enforcement to electronically match a voice to its owner.

The technique — which some compare to fingerprinting — can be a powerful anti-terror tool, officials increasingly believe. Law enforcement agencies are already considering how a voice database could help thwart future plots.

The reported plot against European cities, in which suspects allegedly spoke of a Mumbai-style shooting spree, has triggered travel warnings and refocused attention on al-Qaida activities on the Pakistan-Afghanistan border, where several of the voices were recorded.

The British eavesdropping agency GCHQ deployed voice identification software to help uncover the plot that officials say has targeted Germany, Britain and France — with famed sites such as the Eiffel Tower under close surveillance.

"Advances in these types of technology have been key in thwarting plots and catching suspects," a British government official said.

THE ASSOCIATED PRESS

Missile strike

- **German officials** were tightlipped yesterday on details of a U.S. missile strike in Pakistan's rugged mountain border area where Pakistani officials said eight German militants were killed.
- **U.S. officials** believe a cell of Germans and Britons was at the heart of the Europe terror plot.
- **Germany's ARD public television** cited unidentified sources yesterday as saying four of the Germans killed in the missile attack were of Turkish descent.

Nobel. Physics

Andre Geim talks on the phone as he hugs Manchester University president and vice-chancellor Nancy Rothwell after being awarded the Nobel Prize for Physics yesterday.

JON SUPER/THE ASSOCIATED PRESS

Sealing a Nobel win

Two Russian-born scientists, Andre Geim and Konstantin Novoselov, shared the Nobel Prize in physics yesterday. The duo used Scotch tape to isolate graphene, a form of carbon only one atom thick but more than 100 times stronger than steel, and showed it has exceptional properties.

Bureaucrats lack online security: Watchdog

Canada's privacy watchdog is "troubled" by the way federal bureaucrats use BlackBerrys and dispose of used computers.

An annual report to Parliament tabled yesterday by Privacy Commissioner Jennifer Stoddart found problems with the way the government protects the personal information of Canadians.

"Our audits turned up some disturbing gaps in the privacy policies and practices of government institutions," Stoddart said in a statement.

THE CANADIAN PRESS

3

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Ex-general says HQ knew of Afghan abuse

Public hearing examines what military cops know about possible torture of prisoners by Afghan authorities

The military man who used to be in charge of Canada's overseas operations says responsibility for the fate of Afghan prisoners rested largely with task force commanders in Kandahar.

Retired Lt.-Gen. Michel Gauthier told a public hearing yesterday it was up to task force commanders in the field to know about Afghan jails and assure that captured fighters were not being handed over to ill-treatment.

Gauthier said the generals fighting the war had a "duty to know" what kind of conditions were present when Afghan fighters were transferred to local authorities.

BILL GRAVELAND/THE CANADIAN PRESS

▶Michel Gauthier

"A commander should be doing everything he can and that was the spirit of this, to be proactive," Gauthier said under cross-examination by a lawyer for Amnesty International and B.C. Civil Liberties Association, whose complaints launched the inquiry.

The decision to hand over any prisoner has always belonged to the general in charge of Canadian troops.

The former general acknowledged in earlier testimony that his Ottawa-based headquarters received "compelling" accounts of prisoner abuse, but said that doesn't mean they were all factual, nor did those reports indicate the Afghan government had violated its transfer agreement with Ottawa.

THE CANADIAN PRESS

Jews condemn premier's slur

The head of Rome's Jewish community joined the Vatican newspaper and others yesterday in sharply rebuking Premier Silvio Berlusconi for a joke about Jews, money and the Holocaust that was caught on videotape.

The joke was one of several controversial comments Berlusconi made while chatting with fans outside his residence on his 74th birthday last week. His comments were captured on video and broadcast this weekend on the website of the left-leaning La Repubblica newspaper.

Saturday, the newspaper of the Italian bishops' conference slammed the gaffe-prone premier, and a day later the Vatican newspaper said his comments were "deplorable."

Berlusconi said it was just a joke and the bad taste was in those who published it.

THE ASSOCIATED PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶Fisheries Minister Gail Shea announced a Canada-U.S. attempt to thwart the Asian carp yesterday.

THE LIFE AQUATIC BULLY

ASIAN CARP THREATENS THE GREAT LAKES

A dreaded aquatic bully has Canadian and U.S. scientists banding together in an attempt to thwart what's been called the greatest threat to the Great Lakes – the Asian carp.

An 18-month, binational program will assess the risks the carp pose and look at vulnerable pathways that the fish – currently being held at bay near Chicago – could use to enter the Great Lakes, Fisheries Minister Gail Shea said yesterday.

Officials on both sides of the border have been sounding the alarm for several years about the voracious Asian carp.

It threatens to destroy a fishing industry worth nearly $7 billion a year.

A carp can weigh 40 kilograms and eat nearly half its weight each day in plankton.

THE CANADIAN PRESS

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Bi-weekly payment and variable rate shown based on current TD Bank prime rate and is subject to fluctuation; actual payment amounts will vary with rate fluctuations. Example: $I0,000 at 3% for 84 months, the monthly payment is $I32.13. Cost of borrowing is $I,098.92, total obligation is $I1,098.92. Down payment and/or trade may be required. Monthly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $23,995/$28,995 with $0 down payment. ∞Smart Purchase™ financing is available on approved credit through Ally Credit. Eligible vehicles: 2010/2011 MY new or demonstrator Chevrolet/Buick/GMC/Cadillac. Dealer order (2011MY only) or trade may be required. Limited quantities of certain 2010 models. Applies only to qualified retail customers in Canada. Payments amortized over a term of up to 84 months. At months 47-49 or 59-61 customer may: (i) exercise option to return vehicle for sale to Ally Credit if applicable conditions met, including payment of $199 disposal fee and any excess wear/km charges; (ii) continue at initial payment amount for remainder of amortization term; (iii) trade-in vehicle to dealer; or (iv) pay outstanding balance in full (amount determined at purchase date). Example: $10,995/$14,385 at 5.99%/5.99% APR with 48 month option and payments amortized over 66/67 months, the monthly payment is $197.37/$254.54 with one final payment of $3,392.72/$4.614.52. Cost of borrowing is $1,937.70/$2,574.71, total obligation is $12,932.70/$16,959.71. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Excess wear and kilometer fees, disposal fee, duties and taxes not included. Dealers are free to set individual prices. 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Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ***Factory order or dealer trade may be required. ∆2010 Chevrolet Aveo LS equipped with 5-speed manual transmission. 2010 Chevrolet Cobalt LT equipped with 4-speed automatic transmission. 2010 Chevrolet Malibu equipped with 2.4L ECOTEC I-4 engine and standard 4-speed automatic transmission. 2010 Chevrolet Silverado 4WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. Fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-impact Crash Test. Side-impact Crash Test rating is for models tested with standard head-curtain side-impact air bags. 2010 Chevrolet Aveo and Silverado 1500 received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees $16,659. Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $21,119. Chevrolet Malibu LT Platinum Edition, MSRP with freight, PDI & fees $29,254. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ♦♦Offer applies to new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab C/K Models 1SF, 1SB, 1SD (excludes hybrids) delivered after May 1, 2010, while supplies last at participating dealers in Canada. Dealer order or trade may be required. Eligible customers receive either: (a) a pre-installed Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDG Truck"); or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDG Truck from on-ground inventory. Dealer installation included. 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After applying $1,500 credit, after tax price is $9,700 ($1,327.50 reduced purchase price plus $172.50 applicable taxes), with the $1,500 credit being the $1,327.50 reduction from the purchase price and the $172.50 reduction in taxes which would have otherwise been payable on the full purchase price. $1,500 Bonus available to: (i) current GMAC Lease customers; or (ii) current owners of a Saturn, SAAB, Pontiac or Hummer. $1,000 Bonus available only to customers who currently own a GM vehicle and are not eligible for the $1,500 Bonus. To be eligible for a GM Owner Loyalty Bonus, customer's GM vehicle must be registered and insured (in Canada) in their name for the previous consecutive six months. $1,000/$1,500 Bonus may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between 09/23/10-11/01/10. 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the Bay OPTICAL

▶ Prince Charles, centre, dances with Indian villagers during a visit to Tolesar Charan village yesterday. Prince Charles is on a four-day trip, where he jointly inaugurated the Commonwealth Games with Indian President Pratibha Patil.

Delhi bomb threat ruled a 'childish' hoax

Indian police say 16-year-old boy behind threat called into Commonwealth Games athletes' village

An anonymous bomb threat yesterday that sparked a police search of the Commonwealth Games village housing more than 6,000 athletes and officials has been confirmed as a hoax.

Rajan Bhagat, the New Delhi police spokesman, said a 16-year-old local boy had been cautioned after calling the police from a mobile telephone and claiming that a bomb had been placed in the village.

Bhagat said police interviewed the juvenile and his parents but no charges would be laid.

"It was just a childish hoax," Bhagat said.

Dog squads and bomb disposal teams conducted search operations in the village and other games venues on Tuesday afternoon, but there was no evacuation of athletes or officials.

"There does not seem to be much concern here at the games village about any bomb. In fact, the Indian camp has been in an upbeat mood after winning a number of gold medals today."
BHUVANESWAR KALITA, INDIAN TEAM LEADER

Bhuvaneswar Kalita, India's team leader, had earlier played down the threat.

"There does not seem to be much concern here at the games village about any bomb," Kalita said.

"In fact, the Indian camp has been in an upbeat mood after winning a number of gold medals today."

The Commonwealth Games have been plagued by problems ranging from long delays in construction, allegations of corruption and concern about the state of hygiene in the village only days before athletes were due to move in.

Some athletes withdrew from the games citing health and safety concerns after two Taiwanese tourists were shot near a popular New Delhi landmark and a pedestrian bridge collapsed near the main competition venue, injuring dozens of construction workers.

About 100,000 police and military personnel have been deployed in the Indian capital for the games, with heavy security around the village and all Games venues.

THE ASSOCIATED PRESS

AJIT SOLANKI/THE ASSOCIATED PRESS

LEE JIN-MAN/THE ASSOCIATED PRESS

▶ A security officer sits among empty seats during the Commonwealth Games at the Indira Gandhi Sports Complex in New Delhi yesterday.

Farcical?

The empty stadiums that marred the first day of competition at the crisis-hit Commonwealth Games may be filled by children and the underprivileged if attendance doesn't improve. After weeks of problems and delays in a wide range of areas in the buildup to the Games, the sporting events finally began in New Delhi. Many of the venues across the city, however, were nearly empty, prompting local organizers to admit that they are considering giving away free tickets. "We are working on the children from schools. Already steps are being taken in that direction," local organizing committee chairman Suresh Kalmadi said yesterday at a news conference that was sometimes farcical. "And also from the low level of society." Kalmadi was confident that all the problems that marred the first day of competition Monday had been solved overnight. "As of today, things are all right," said Kalmadi, who also mistakenly noted that "Prince Diana" had attended Sunday's opening ceremony before correcting himself and identifying Prince Charles and the Duchess of Cornwall as the attendees.

THE ASSOCIATED PRESS

▶ A performer wears a giant turban during opening ceremonies on Sunday.

VAST DIFFERENCES

China and India are Asian neighbours, rivals and emerging powers. When it comes to organizing major international sporting events, though, there is no comparison. While China announced itself as a global leader with the spectacular and grandiose Beijing Olympics in 2008, India has endured international embarrassment with the chaotic, last-minute preparations for the Commonwealth Games in New Delhi.

India's predicament illustrates how high China set the bar and how major sports extravaganzas can make or break a country's image and reputation. THE ASSOCIATED PRESS

Calif. Be kind, re-wine

▶ This July 15, 2010, photo shows Hardy Wallace, left, and winemaker Kevin Kelly as they top off reusable wine bottles with Sauvignon Blanc wine at the Natural Process Alliance winery in Santa Rosa, Calif.

ERIC RISBERG/THE ASSOCIATED PRESS

NPA looks to reusable wine bottles

The NPA (Natural Process Alliance) winery in Santa Rosa sells its wines in Kleen Kanteens, a BPA-free stainless steel bottle more commonly used for water.

Trader convicted in $4.9 billion fraud case

Former Societe Generale SA trader Jerome Kerviel was convicted on all counts yesterday in one of history's biggest trading frauds, sentenced to three years in jail and ordered to pay the bank a mind-numbing $4.9 billion US in damages.

The ruling marked a huge victory for Societe Generale, one of France's most blue-blooded banks, which has worked to clean up its image and put in place tougher risk controls since the scandal broke in 2008.

The 33-year-old former futures index trader stood expressionless as the court convicted him of all charges and pronounced a five-year sentence with two years suspended. Kerviel was found guilty on charges of forgery, breach of trust and unauthorized computer use for covering up bets worth nearly $50 billion between late 2007 and early 2008.

In a stunning blow, the court also ordered Kerviel to pay the bank back the $4.9 billion that it lost unwinding his complex positions in January 2008.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO

▶ Jerome Kerviel

Infamous

Kerviel's fraud eclipsed that of previous lone "rogue traders."

- **Leeson** In one infamous case, Nick Leeson, a British trader working in Singapore for Barings Bank, made unauthorized futures trades that lost more than $1 billion and led to the venerable bank's collapse in 1995. That case prompted banks worldwide to tighten internal checks.
- **Released** Leeson was released from a Singapore jail in 1998 for good behaviour after serving 3 1/2 years of a 6 1/2-year sentence. He claimed he did not make a cent from his disastrous trades.

Jobs to be scarce, wages modest: TD

In the four quarters beginning July 2009, the economy has already managed to recoup lost jobs

Canada's employment picture is getting darker, according to a new report that predicts jobs will be scarce in the next year or so, and wage gains modest.

Job gains will fall to under 200,000 next year, just over half of the 350,000-plus jobs that is expected as the final tally for this year, predicts the TD Bank report released Tuesday.

Average wages will rise at under two per cent for the next few years - just keeping up with the anticipated inflation rate.

"It's going to be a period of tough employment growth," said Derek Burleton, deputy chief economist with the bank.

13K

Employment growth averaged about 13,000 in July and August, after averaging 51,000 a month in the first six months of the year.

"Already we are seeing wage gains that are tepid."

Recent data from Statistics Canada shows the slowdown in employment has already begun, coinciding with a similar braking in economic growth.

Burleton says he expects monthly gains in the 5,000- to 10,000-a-month range for the rest of the year. The consensus among economists is that Friday's jobs report will show a modest 10,000 pickup in September, which basically keeps pace with new entrants entering the labour force. Burleton said the report is not all bad news, given that Canada has seen a remarkable rebound in employment since the recession. THE CANADIAN PRESS

Housing healthy: Report

Canada's housing market looks healthy going into the final three months of this year after a summer "pause," one of the country's largest real-estate agent networks said in a report released yesterday.

The Re/Max Market Trends Report Fall 2010 says this summer's big downturn in housing sales was largely due to economic uncertainty and not the much-hyped effect of higher interest rates, tighter lending policies and the harmonized sales tax introduced in British Columbia and Ontario.

Re/Max said it anticipates fewer sales.

THE CANADIAN PRESS

Apple to challenge verdict

A jury in Texas has ordered Apple to pay $625.5 million US for violating patents owned by a firm founded by a professor. Apple Inc. is challenging Friday's verdict from the federal court in Tyler, Texas, saying the court has not yet looked at some of its counterclaims.

THE ASSOCIATED PRESS

Enbridge eyes new pipeline

Just months after dealing with high-profile oil leaks, Enbridge Inc. says it's considering building a new pipeline to the lucrative U.S. Gulf Coast. Stephen Wuori, the company's president for liquids pipelines, says the project would connect a storage hub at Cushing, Okla.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas
+ 175.06 (12,498)	+ 98.35¢ (00.5¢ US)	$1.35 US ($82.82 US)	1,000 cu ft $3.745 (+1.8¢) Gold contracts $1,340.30 (+ $23.50)

HOT AND BOTHERED BABY BOOMERS

Just sayin'

PAUL SULLIVAN

This just in: A Canadian Liver Foundation survey finds that baby boomers don't practise safe sex.

It's Mondo Viagra out there. One in three unmarried boomers aged 46 to 64 have unprotected sex with a new partner. Forty per cent of boomer men are open to one-night stands; 33 per cent of boomers are into online dating; 57 per cent "feel freer" about sex; and 82 per cent believe it's important to have an active sex life, even at their age.

It's news that has an entire generation of adult children going "eeeeyyyyeeeewwww."

But I don't know why everyone is so surprised. After all, boomers grew up during the "sexual revolution" of the '60s, a clumsy, groping, inappropriately dressed era during which it was OK to love the one you're with.

The sexual revolution is a thread that continues to run through society, although it's unravelling rapidly, like that leisure suit in the back of the closet.

It was fatally infected by HIV, which any minister or priest will tell you is the microscopic wrath of God. Obviously, the baby boom is getting hard of hearing. And thanks to Viagra, that's not the only thing that's getting hard.

"Obviously, the baby boom is getting hard of hearing. And thanks to Viagra, that's not the only thing that's getting hard."

I guess when the Beatles wrote When I'm 64, they didn't anticipate the future would include drug-induced supercharged priapism. The drug companies have created an epidemic of erectile dysfunction, targeting guys who once accepted the decrease in desire as yet another sign they will soon meet a tall dark stranger, and it won't just be a one-night stand.

I was watching a football game the other day and learned that 40 per cent of adult males suffer from erectile dysfunction. When 40 per cent are affected, isn't that normal? Why not just give in to your real secret urge to collect stamps, then have a nap … or just forget about the stamps and go straight to the nap?

You play, you pay, says the Liver Foundation. If you're wondering if this survey is being brought to you by the wrong organ, it's instructive to learn that 45 per cent of hepatitis B infections are contracted by boomers, not to mention all those other nasty little bugs out there disguised as Julie, 54, loves walks at sunset along the beach, or Eric, 60, still believes in magic. Yeah, right.

So the next time you feel bad, fellow boomer, because you would rather have a glass of warm milk than tempt the fates, just remember, the milk is pasteurized. And enjoy.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

Diamonds are forever

Worth mentioning

Big pink

THE ASSOCIATED PRESS

A rare pink diamond that goes on sale next month could fetch up to $38 million US, according to auctioneers Sotheby's.

The "fancy intense pink" 24.78 carat gem is being sold by an unidentified private collector, the auction house said.

"We're able to say it's been in the possession of the same owner for 60 years, but beyond that we're not able to reveal more," Sotheby's spokesman Matthew Weigman said yesterday.

The diamond was last sold by New York jeweller Harry Winston and has a classic emerald cut with gently rounded corners, the company said. The stone has a flaw unnoticeable to the naked eye, probably due to wear, but may be graded internally flawless after re-polishing.

"It is sensational as it is, but if somebody would bother to repolish it they would have an even more sensational stone," said Daniela Mascetti, a senior director in the company's jewelry department.

"But I personally would not touch the stone if I was planning to wear it."

The diamond went on exhibition worldwide starting in Hong Kong Saturday and will go up for auction Nov. 18 in Geneva, when Sotheby's estimates it could sell for $27 million to $38 million. THE ASSOCIATED PRESS

What's a life lesson you learned the hard way?

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Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Publisher Bill McDonald, **Managing Editor** Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton

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Metro Minute at Reel Food Film fest

TIM WIECLAWSKI/METRO OTTAWA

▶ Heather Hossie of Just Food and Savour Ottawa holds a poster for the festival. Admission to the film is free, but donations are appreciated.

After tonight, you might never look at food the same way again. The Reel Food Film Festival is screening What's On Your Plate?, a provocative documentary about kids and food politics at the main branch of the Ottawa Public Library at 6:30 p.m. today.

The film by Catherine Gund follows two 11-year-old city kids as they explore their place in the food chain over the course of a year.

Sadie and Safiyah talk to food activists, farmers and storekeepers as they address questions regarding the origin of the food they eat, how it's cultivated, and how many miles it travels from farm to fork.

TRACEY TONG

2 scene

Directing duo make perfect team

Anna Boden and Ryan Fleck take on latest project Film about a troubled teen in psych ward

NED EHRBAR
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Working with two directors could easily be confusing for actors, so directing duo Anna Boden and Ryan Fleck have a system worked out.

"Only one of us will go off and talk to the actors," Fleck explains. "We'll never go up together, so they have to look at both of us and interpret both of what we're saying."

It's a system that's served them well on their previous features, the acclaimed Half Nelson and Sugar. And their latest, an adaptation of Ned Vizzini's young adult novel It's Kind of a Funny Story, shows no signs of confused actor syndrome.

The film follows Craig (Keir Gilchrist), an overwhelmed teen who checks himself into a psych ward only to be placed with adults, as the juvenile unit is being renovated.

Though the directors weren't familiar with Gilchrist's work on The United States of Tara, they were immediately taken with the 18-year-old actor.

"He's just such a teenager," Boden says. "He's this little punk kid, and he comes with his hoodie and all his patches, and he's not trying to be anything but who he is. Sometimes you meet with young actors and it's like they want to be sophisticated and professional, and there was just no pretense with him."

But the most interesting bit of casting comes in the role of mentoring patient Bobby, played by Zach Galifianakis in his first mostly serious turn.

In fact, Galifianakis' comedic background almost stood in the way of his getting the part, according to Boden.

"We pretty much only knew him from The Hangover, and we were not convinced from that he was right for this," she says.

"But we looked back at some of his stand-up, and he's got something really interesting going on underneath the surface. There was this third side of him when we met him, this down-to-earth, charming, loveable, smiley person."

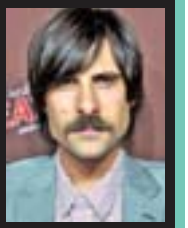
Fleck recalls that Galifianakis was just as valuable off screen as on. "Zach came late, for the second half," he says. "We were all starting to lose steam a little bit, started getting tired of being in the same place, it was freezing outside and it was getting a little depressing. And then Zach shows up and just woke everybody up. He came in and was just charming and fun to have around."

"We were all starting to lose steam a little bit, starting getting tired of being in the same place."
RYAN FLECK, DIRECTOR

▶ Directors Ryan Fleck and Anna Boden.

In brief

Jason Schwartzman's dog had the face for TV — just not the back for it. Schwartzman, 30, stars in HBO's offbeat detective comedy Bored to Death, and show creator Jonathan Ames says he wanted to have Schwartzman's French bulldog, Arrow, in the show. Unfortunately Arrow has a bad back and was not up to the rigours of acting. Arrow did have a cameo in the show, though.
THE ASSOCIATED PRESS



PBS series explores the 'Great American Songbook' through the passion of Michael Feinstein.

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The Audio Files

BRYAN BORZYKOWSKI
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FINGER ELEVEN STAYS RELEVANT

When Finger Eleven first started playing music they'd have dreams of selling a million records.

Now that the band has hit that mark — selling more than two million copies of their 2007 disc Them vs. You vs. Me — they don't care how many albums they sell.

"At the beginning you think you're not doing well unless you sell millions of records," says guitarist Rick Jackett. "It doesn't really matter."

Jackett blames a shifting music industry for his attitude change. "Major pop stars aren't selling," he says. Even for a band like Finger Eleven, it's their shows and merch that bring in the money.

Still, you'd expect the band to feel some sort of pressure to follow up their massive success. But Jackett disagrees. There's been no label interference and their only goal was to improve their songwriting.

"We've always had pressure to top our last record," Jackett says. Of course every band says that, but many have trouble matching a massive seller. I wouldn't say Life Turns Electric, Finger Eleven's new record out today, is that much better than their last disc, but there are improvements.

The disc still has plenty of heavy riffs, pounding drums and Scott Anderson's alt.rock wail, but the group also tackles pop and funk. Their single Living in a Dream is unlikely to match Paralyzer's success, but its Franz Ferdinand-like verses is a nice change from their heavy rock.

Jackett chalks up the poppier sound to two things: Better songwriting and a more positive view on life. "We're continually trying to write stronger melodies," he says. "But a lot of it comes from maturity. We start to lose our angst that alienates you from everyone else. We don't hate the world so much anymore."

It also had something to do with a jukebox filled with obnoxious dance music. "There was a bar beside the apartment [where] we were staying that played mostly classic rock and new dance music," Jackett recalls. "I did not want to listen to the dance tracks, so we played a lot of classic rock, and that influenced the record."

Ultimately, the band is just trying to stay relevant in a different record industry than they started in.

LOUIS LANZANO/THE ASSOCIATED PRESS

▶ Rapper Lil Wayne is handcuffed at Manhattan criminal court in New York, March 8, 2010.

Lil Wayne going solo behind bars

▶ Grammy-winning rapper caught with contraband headphones in jail cell ▶ Must serve remainder of one-year sentence in solitary confinement

Lil Wayne is facing the music after being accused of breaking jail rules by having gear for listening to tunes.

As a result, he can expect to go solo for the rest of his time behind bars in a gun case.

The Grammy Award-winning rapper was moved on Monday into what city jail officials call "punitive segregation" for a month, until his expected November release date, a Correction Department spokesman said.

It's Lil Wayne's punishment for stashing a charger and headphones for a digital music player in his cell earlier this year, officials said.

The rapper will now be confined to his new cell 23 hours a day, with such exceptions as visits and showers, instead of being allowed to mingle with other inmates most of the day.

"I'll have an iPod, and I'll make sure they keep sending me beats."
LIL WAYNE, RAPPER

He'll eat in his cell and won't get to socialize even during his hour a day of recreation, Morello said.

Lil Wayne will also have to forego TV, and he'll be limited to one phone call a week, instead of one or more chats a day, except for calls to his lawyer.

The 28-year-old rapper — one of the genre's biggest stars, has been held since March in the Rikers Island jail complex after pleading guilty in October 2009 to attempted criminal possession of a weapon. He admitted he had a loaded semi-automatic gun on his bus in 2007. He was given a one-year sentence, but is expected to serve eight months because of time off for good behaviour, despite the music-player gear episode.

Officials said the headphones and charger — considered contraband — were found in May, tucked in a potato chip bag in a garbage can in the rapper's cell.

Born Dwayne Carter, Lil Wayne had the bestselling album of 2008 with Tha Carter III, which won a best rap album Grammy.

As he faced incarceration, he said he planned to keep up the beat behind bars. "I'll have an iPod, and I'll make sure they keep sending me beats," he said last February.

THE ASSOCIATED PRESS

Led Zeppelin's enduring allure

Legendary musician Robert Plant goes solo with new group But fondly recalls his days with the world's biggest rock band and its legacy

Ex-lead singer of the mythical rock band Led Zeppelin, Robert Plant, is having fun going solo with his new group, Band of Joy, revisiting blues and country standards. Metro met the living legend in London.

▶ Robert Plant

Should we bow to a man who's recently been appointed Commander of the British Empire? No, it's not an aristocratic title. It's just a way for the establishment to show its respect to those who have been hanging around for a while. My parents would have been touched if they were still alive. But for me, it's quite funny. I would have preferred free admission to every football club in the country for a year!

Band of Joy was a band you were playing with before Led Zeppelin, together with late John Bonham. Is it a way of paying him a tribute? You know, I often think of him. I still miss him a lot ... Three weeks ago, I had lunch with his family, and that was comforting for all of us. I think that Bonzo and I shared the same spirit. And our ambitions for Led Zep were big. We didn't care about anything because we never knew success. Nothing has been as big as Led Zep was during its existence. Nothing since then either, though.

Why didn't you play Led Zep songs, then, except one? To me, most of those songs are monuments of beauty. I can't write songs that good. I know the musicians pretty well, and we could try to write something approaching that quality. But it would take time to get something as good as the Led Zep songs.

Do you still need to go on a journey in the desert to get inspired? Oh yeah! I'm going back to Morocco pretty soon. I'll have my eyes and my ears wide open, and I'll take a recorder to capture the sounds of the streets, like the fishermen in Essaouira who sell their catch in the market. I speak a little Arabic now. If I'm lucky I'll get to go to Morocco two times a year. I'm happy that things continue to move on in my life. And travelling is quite a good dynamic for my wellbeing.

There is a rumour on the web saying you would be okay for a reformation of Led Zeppelin ... You'd be better off reading Playboy. There's more substance in this magazine than all those sites on the web! METRO WORLD NEWS

Wyclef Jean becomes a visiting fellow

▶ Wyclef Jean

Rhode Island's Brown University has appointed hip-hop singer Wyclef Jean as a visiting fellow in its Department of Africana Studies for the 2010-11 academic year.

The Ivy League school says the Haitian Grammy Award winner will engage in activities related to its Haiti Initiative, including lectures, faculty conversations and classes.

Brown says Jean made his first visit to campus on Monday and attended two inaugural lecturers.

The 37-year-old singer says his time at Brown will be "a period of learning and reflection."

Jean announced a bid for Haiti's presidency in August but ended it last month.

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TV Picks

continues

COMEDY. It's a new season over on Childrens Hospital, and things are looking just as depraved as ever. There is fallout from Cat's inappropriate relationship with her patient, Nicky, and Chief has more than professional feelings for the new administrator. Meanwhile, Glenn cures cancer. (G4)

Earthquake shakes Family

SITCOM. An earthquake over on Modern Family hits each member of this dysfunctional clan in unique ways — Claire gets stuck in the bathroom with the plumber; Manny has an existential crisis while out with Jay; and Mitchell and Cameron use the quake as an excuse to get out of a party thrown by a friend, guest star Nathan Lane. (Citytv) THE CANADIAN PRESS

Bones Bombshell stirs things up on hit show

On-screen romance intrudes on on-again-off-again relationship between Bones's two main protagonists

IAN JOHNSTON
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Despite a martial arts background, actress Katheryn Winnick says she won't be engaging in any small screen fisticuffs with Bones star Emily Deschanel. Well, maybe not.

"No, I don't think there's a cat fight," says the Toronto-born actress, who plays the new romantic rival on the crime drama.

"Still, I feel Brennan (Deschanel) can't help but probably feel a little bit of tension at who's this new girl?"

The "new girl" is Hannah (Winnick), an Afghanistan war correspondent and girlfriend to Booth (David Boreanaz). Their romance intrudes on the on-again-off-again relationship between Booth and Brennan that has formed the basis of the long-running series.

"I don't know if she (Hannah) knows the details of their relationship and what happened last season. I think it would be more interesting to kind of discover that," says Winnick, whose credits include the films Failure To Launch and Killers.

Winnick sees some parallels between her Bones character and herself. "Being work-driven. Being ambitious. Always wanting more out of life," she says.

"I'm not one to sit around and let things happen to me. I've had the experience of starting my own martial arts school at the age of 16. I had a big career and passion before I got involved in acting."

Bones fans, needless to say, are in a bit of an uproar over the arrival of Hannah, who has been dubbed the "Bones Bombshell." They see the new character as a threat to the much-teased Booth/Brennan romance.

"My character would like to kick some butt on screen ... Hannah could definitely hold her own."
KATHERYN WINNICK

"I'd heard that it was causing a stir. I hope the audience will give Hannah a chance and realize that she's not there to be part of a love triangle or to create a cat fight or high school drama."

Still, a cat fight might be cool too.

Bones airs Thursdays on Global.

LARRY BUSACCA/GETTY IMAGES

▶ Actress Katheryn Winnick

We paid for our Caribbean cruise with our TD Points
(even the excursions).

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Dexter's kill rooms return

Average room takes five hours to set up before a shoot
Will go through 25 gallons of fake blood this season

The boxes are labeled "body parts," "heads" and "Dexter killing devices & face shields." Others are filled with plastic wrap, duct tape, knives, syringes — everything your friendly neighbourhood serial killer might need to do away with bad guys.

On TV, many of these things might be found hidden in Dexter Morgan's apartment, or in the case of the body parts and heads, wrapped in plastic trash bags strewn at the bottom of the Atlantic.

In reality, though, all this stuff — along with medical equipment, official-looking paperwork from the Miami Police Department and a creepy life-sized baby that stands in for Dexter's infant son — lives inside a 48-foot trailer at a Hollywood studio where the hit Showtime series Dexter is filmed.

Now in its fifth season, Dexter follows its namesake character as he carefully balances his public life as a dad, brother and police forensic specialist with his private life as a serial killer of serial killers. The Emmy-nominated series stars Emmy-nominated actor Michael C. Hall, who has won a Golden Globe and Screen Actors Guild award for his portrayal of the enigmatic protagonist.

"He's definitely taken a unique responsibility for a shadow side that's more formidable than your average, run of the mill shadow," Hall says from his trailer between takes.

The height of the show, for fans and for Dexter, are the scenes where he's captured his victim and about to deliver his justice. He's the hero, the central character viewers are rooting for, and yet he's about to commit murder.

"Dexter is able to be most clearly himself in those scenes," says executive producer Sara Colleton. "He drops away all the masks he thinks he has to hold in place to move through society."

These moments fill just a few minutes of show time, but dozens of people spend countless hours creating each kill-room scene.
THE ASSOCIATED PRESS

SUBMITTED

▶ James Remar as Harry and Michael C. Hall as Dexter Morgan

Stretch to the music

Warming up can help prevent dance injuries ◗ But warming up the mind is equally as important

IAN GORMELY
SCENE@METRONEWS.CA

Ask any athlete and they'll tell you that stretching is the most important exercise they do.

Just a few minutes before and after a warm-up or game can help prevent a career-ending injury.

But Tré Armstrong, one of the choreographers for So You Think You Can Dance Canada, says there are things to consider even before that.

"Never start to stretch before doing a bit of running," she cautions. "It's really important to get the blood flowing in the body. If not, your muscles might stiffen up in the cold."

Dancers put a lot of strain on their legs through lifts and jumps, so it's important to warm them up too, through a process Armstrong calls "the As, Bs and Cs," lifting each leg to a different interval, one a time. "To get the agility to jump high, you gotta get you knees high in the warm-up."

A 10-minute warm-up will do, Armstrong says, though she concedes every dancer's routine is different and individuals should find what works best for them.

Finally, the mind is also a muscle and has to be warmed up just like the rest of the body, says Armstrong. "That's something that's often overlooked. Before you do anything sit down for five minutes and scribble on a piece of paper or take out your Crackberry. It's just to clear your head. Sometimes you get into a warm-up and you start to think too much. If you get rid of it and warm up your brain you're clear to go."

Warm-up tips

SYTYCD choreographer Tre Armstrong offers three tips on what to avoid in a pre-dance warm-up.

- **Don't show off.** If you show off at the wrong time you could end up in re-hab for the year. Warm up for at least five minutes.
- **Don't take dancing too seriously.** Laugh a bit. Get ready to have some fun. Why dance if it's serious?
- **Don't eat a full meal.** Then you won't throw up.

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▶ From left to right, SYTYCD host Leah Miller, Jean Marc Genereux and Tré Armstrong

My TD Points covered my stay at a ski resort (even my ski lessons).

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Glee brings dance to mix

Song-and-dance now go hand-in-hand on Global's Glee ◗ More dancers are being integrated into the cast this season ◗ More guest stars to come

While kitschy musical numbers are still the main focus of TV's Glee, choreographer Zach Woodlee says he's been called upon more and more to churn out toe-tapping routines to go along with the tunes.

Woodlee shared his enthusiasm for the show and the art of learning to dance.

Glee airs Tuesday on Global.

How much time do you get for each episode?

The max, max, max time I get is eight hours. Like the Britney numbers — the ones with Heather like Slave 4 U and Me Against the Music — it's an eight-hour day. They get one rehearsal and then we shoot it. But then some of the numbers, especially with the cast, it's anywhere from an hour-and-a-half to four hours, depending if I can get them all. It's crazy. Literally, I think I had the kids last week for a total of four hours but they learned three numbers. So I just throw information at them and it's like, "This and this and this and this and this!" And it's kind of crazy how much they have to retain in such a small amount of time.

How are they coping with the learning curve?

They're not dancers but ... after you work with someone for a while you develop a language and you learn what each other is thinking and they know how to take in the information and translate it into their bodies and how to make it all happen. And they also know the time restraints that we're on. There is not time to sit and think about it — it's literally go, go, go, go.

Do have a favourite cast member to choreograph for?

They're all so, so different ... each one's a different beast. So, Heather (Morris, who plays Brittany) is great to choreograph for crazy, crazy dance stuff, but then if you need a nice hard earthy number, Amber (Riley, as Mercedes) is just wonderful to put something on. Naya (Rivera as Santana) is great if you need a little bit of sexy in it, you know what I mean? They each are their own little ingredient in the recipe.

And I guess Cory Monteith (as Finn) is the comic relief?

Hah. Kind of, but in turn, he's got muscle memory now, which is wonderful, and he can learn a three-minute number in two hours and remember it and not have any questions or concerns, like he's in it. He's not the best dancer in the world but he definitely knows what he's doing now and I think he also, to an extent, needs to cater to the captain of the football team dancing, you know what I mean?

THE CANADIAN PRESS

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Stewart takes parting shot at fired CNN host

Sanchez gets the boot after calling Stewart a bigot on radio program

GETTY IMAGES

The Daily Show's Jon Stewart

Jon Stewart gleefully struck back Monday night at the former CNN host who was fired after calling him a bigot.

In his opening spot on The Daily Show, Stewart told his Comedy Central audience that, after taping last Thursday's edition, he had heard Rick Sanchez interviewed on a radio program.

"I think Jon Stewart's a bigot," Sanchez was heard declaring in the taped replay. Stewart replayed another excerpt from the radio interview where Sanchez sneered, "I'm so glad that (Stewart) grew up in a suburban middle-class New Jersey home with everything that you could ever imagine."

Grinning slyly, Stewart said Sanchez "really nailed what it was like growing up in central Jersey in the early '70s, the fortunate son of a single mother in the education field."

By Friday afternoon, CNN had announced Sanchez was no longer with the company.

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Green marries reality TV with Internet

CHRIS PIZZELLO/AP PHOTO

Control TV producer Seth Green

Control TV, which launches today, is a new reality Web series that is billing itself as a real-life Truman Show.

Like the Jim Carrey movie, Tristan Couvares will have cameras following him all day long, but with Control TV viewers voting to make Couvares' decisions.

It may sound slightly dystopic, but Seth Green, who is producing the show with Matthew Senreich, says Control TV is "part entertainment and part vicarious improvement of another human being."

"It's not Gerard Butler in Gamer, it's not The Running Man," Green says, referring to two films where lives are sacrificed for entertainment. "We're doing something a little less malicious than that."

Instead, Green sees the show as a chance for an uncertain 25-year-old man to be propelled by the Web-watching masses. In his view, the Internet can be a benevolent god.

"We're going to guide it so that none of the decisions are detrimental to him," says Green. "It could be as simple as putting him in funny clothes when he goes to a job interview or insisting that he has a hidden agenda when he speaks to a girl for the first time, or whether he's going to eat oatmeal or an English muffin to start his day."

Viewers, who can follow at http://controlTV.com and sign up for cellphone alerts, will get the opportunity to decide things for Couvares approximately 10 to 15 times a day.

Voting will be for multiple choice options — A, B or C — which means Couvares won't be forced to do anything the show's producers haven't already prepared.

Couvares, who was chosen from many applicants, will be streamed live 24 hours a day. A webisode will also run daily summarizing each day's events.

In his audition tape, Couvares said he grew up in Manchester, Conn., and moved to Los Angeles about two years ago.

"At the end of the day, if I'm in a situation, I'm going to know what makes good TV," he says. "I'm going to know what's going to be funny, what people are going to want to see. That's what I bring to the table."

Though many have experimented in streaming their lives live on the Internet, Control TV hopes the interactivity with the audience will set the show apart. There are also clear parallels to CBS' Big Brother, which also includes live webcasts and viewer multiple choice voting options for certain aspects of the show.

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INSIGHT PRODUCTIONS/CBC

Hough-Sweeney and Courtnall are the first pair to be eliminated on season two of Battle of the Blades.

Blade axes first pair

Hough-Sweeney and Courtnall iced on CBC-TV's Battle of the Blades
Seven pairs return next Sunday to compete in second season of show

Christine "Tuffy" Hough-Sweeney and Russ Courtnall are the first couple to be iced on the second season of Battle of the Blades.

The former NHL'er and figure skating champ were voted off the CBC-TV reality show after a live performance Sunday that saw them tackle a rock-music themed program.

The kitschy competition pairs former hockey heroes with female pairs skaters for live performances that are voted on by TV viewers.

The winning pair earns $100,000 that will be donated to a charity of their choice. Eliminated couples receive $25,000 for a charity of their choice.

Battle of the Blades airs live performance shows Sundays and live results shows Mondays on CBC-TV.

Skating to Hero by Chad Kroeger, Hough-Sweeney and Courtnall impressed the audience with their lifts and Courtnall's skating technique, and judges Sandra Bezic, Jeremy Roenick and Brett Hull also praised their performances.

The Russian pair Katia Gordeeva and Valeri Bure, who were also in the bottom two, will remain.

THE CANADIAN PRESS

The Exorcist still stands test of time

Groundbreaking supernatural thriller gets the Blu-ray treatment with new deluxe edition Contains original behind-the-scenes footage

SUBMITTED

The Exorcist's Linda Blair

NED EHRBAR
SCENE@METRONEWS.CA

The Exorcist is easily one of the greatest horror movies of all time, but could they make it again today?

"No you can't because they created everything they did," the film's star, Linda Blair, says, citing the 1973 film's practical effects. "I always say it's the greatest magic show ever made on film. With the computers and so on nowadays, nobody would believe it — in my opinion."

Still, that doesn't mean she wouldn't prefer working with today's technical wizardry. "I think it would've been swell if there were some of the special effects we have available to us nowadays," she says.

Blair was barely a teenager when she embarked on the nearly two-year process of making William Friedkin's groundbreaking supernatural thriller, which gets the Blu-ray treatment with a new deluxe edition.

"Billy Friedkin is a master. Without a doubt, he was meant to make this film," she says. "He is difficult because he wants to deliver the best. And that's why the film has withstood time. Yes, it was hard. There's no doubt. It was no walk in the park."

And despite her age, Blair says she knew all the hard work was worth it as soon as she saw the finished product.

"To see all of it put together, it was incredible. I knew that my life had changed forever, I just didn't know how," she says. "It was when I became known around the world that my life became nearly impossible, and I just kept fighting to say no, you're not going to take away my identity."

Of course, after almost 40 years, things have gotten a little easier to handle. "I think that people have come to understand that I'm rather boring," she says. "To an obsessive fan, I'm pretty normal."

Given the chance to look back on The Exorcist, Blair is particularly struck by the reaction she and the film received — and how often she was quizzed on theology, with a recurring question being whether the devil exists.

"I was sitting in front of huge amounts of press and that was one of the main questions to a 15-year-old. It was very bizarre," says Blair, who was raised Protestant. "They would truly ask me, as adults, if there's God, if there's the Devil."

Exorcist Blu-ray

Besides having both the 1973 theatrical cut of the film and Freidken's director's cut from 2000, the new Blu-ray also includes a ton of behind-the-scenes footage cinematographer Owen Roizman had been holding onto since the original production.

- **Blair on the Blu-ray:** What I most appreciate about the behind-the-scenes features is the innocence. We tried to always say this is who I was, but nobody wanted to believe it. And the audience gets to finally see it for themselves, that I was just this normal little young person."
- **Blair on being a child actor:** I was naïve, but I was a professional child actor, so you do what you're told to do. It doesn't mean you understand everything.

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(even the room service).

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Feldman returns to vampire franchise

NED EHRBAR
SCENE@METRONEWS.CA

Mention the Twilight series to Corey Feldman and he'll feign ignorance. "Never heard of it," he says, brow furrowed under shaggy black hair. "I have no idea what you're talking about. Is that a comic book or a kids' cartoon?" Then the laugh comes. "Just joking."

With his own new vampire movie coming out, Lost Boys: the Thirst, Feldman recognizes the importance of that other bloodsucking franchise.

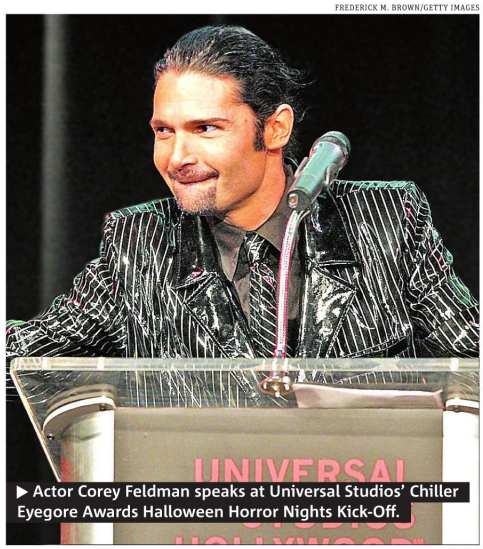
"What I say is let them keep making movies because it's keeping us in business," he says. "The more romance novelists there are out there making romanticized ideas of vampirism for the kids, the more people want to see a real action movie putting the bad guys where they belong."

He's also more than a little protective of the legacy of the first Lost Boys film, especially with the genre's current resurgence. "I remember it really being hailed as the original rock-and-roll vampire movie," he says.

"I'll never forget being at the premiere where I had invited Sam Kinison. I really wanted to gauge his perception of it because he was so contemporary and cutting edge at the time — he really had his finger on the pulse of what was happening. So he was sitting right in front of me at the premiere, and he kept screaming during the whole movie, like, 'Dude! This movie rocks! F--- yeah!'"

The Thirst marks Feldman's third Lost Boys film, after Joel Schumacher's 1987 original, which featured Feldman and Jamison Newlander as teenage self-professed vampire hunters the Frog brothers, and the 2008 sequel, Lost Boys: the Tribe.

FREDERICK M. BROWN/GETTY IMAGES



▶ Actor Corey Feldman speaks at Universal Studios' Chiller Eyegore Awards Halloween Horror Nights Kick-Off.

"It felt good and it still feels good," Feldman says of reuniting with Newlander. "It's kind of like re-engaging in an old marriage. It's awkward, it's uncomfortable, but something about it still works. And then you feel kind of guilty afterward, like, 'Did I really mean to do that?'"

The new film is also the Frog brothers' chance to take centre stage, though Feldman's character isn't in the best of shape. "He's disheveled, disabled, abandoned and alone," he explains. "He's living in a trailer, he's lost everything in his life that's dear to him, and he's really disconnected from the rest of the world.

That's where we find him at the beginning of this film. It's not too difficult to relate to for Feldman, who's had his own ups and downs in the past 23 years, including the loss last year of best friend and Lost Boys co-star Corey Haim.

But Feldman is looking forward, not back — as is the franchise, he insists. "We wanted to make sure that we keep it contemporary," he says.

"(In the Tribe) we had the X factor. They were all about extreme sports and motorcycles and skateboards and surfboards and YouTube and Girls Gone Wild and cell phones and video cameras.

"Whereas now it's really more about the ravers and designer drugs and laser shows and all that kind of stuff that kids can really relate with today. That's what we think the vampires would be doing if they were turning into vampires today."

Life after Prison Break

SUBMITTED

▶ Wentworth Miller

Miller focusing more on writing these days than acting ◗ He's written his first script, called Stoker ◗ But he'd be back on TV for the right role

EDWIN VAN DALEN
SCENE@METRONEWS.CA

For four years, Wentworth Miller was the face of TV drama Prison Break. Today, he's starring as the new hero in the Resident Evil film franchise.

Afterlife, the latest installment in the high-octane zombie movie franchise, is the first movie role for Wentworth Miller since he rose to fame as Michael Scofield in the hit TV drama Prison Break.

His first scene in the zombie flick sees Miller's character Chris Redfield trapped inside a prison cell, something the charming actor talks about with a smile on his face.

"In an interesting way, this is an evolution of the character I played in Prison Break," Miller says. "If you know me from the show, I think you'll watch the movie and see a degree of overlap. I found it funny when I first read the script. For those who know me from Prison Break they would be amused. But if you don't know me from the show, then it's business as usual."

But there's no tattoo this time. "I will always be Michael Scofield to certain people."

Ever since Prison Break ended in 2009, film scripts have been arriving on Miller's doorstep in abundance, with many of them on the theme of prison.

"Whether my character is in prison, going to prison or he's been to prison – or if he's got a tattoo – maybe he can make origami like Michael Scofield," he says.

"Typecasting is very real and it's something to be reckoned with as an actor. Coming off four years of a show playing the same character, you're going to be that person. Not just to fans, but also to the business, to Hollywood."

But Miller quickly decided he wouldn't be bothered with that.

Why then, from all those scripts that he got, did Miller choose to star in the fourth installment of the Resident Evil franchise? "Because it made me laugh," he responds. But also because he knew that that franchise was "intensely popular," he said. "The franchise has its place in popular culture and I was aware of its significant international fan base."

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Top 5 vampire flicks to watch

SUBMITTED

▶ Shadow of the Vampire.

These are dangerous woods to venture into, for sure. Choosing the five best vampire movies is sure to stir the ire of the multitude of fans of the genre, people who are proprietary about this romantic, fearsome figure.

But with the opening this week of Let Me In, it's as good a time as any to sink our teeth into the topic. (Sorry, the puns are just too easy.)

These are five we like best, in no particular order. You will notice that none of them includes the word Twilight in the title (continued below):

I paid for a last-minute flight to Paris with my TD Points
(even the airport taxes).
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1

Let the Right One In (2008): We may as well begin with the Swedish thriller that inspired Let Me In, a film that was rightly hailed for its inventiveness, scares and soul. Director Tomas Alfredson offers plenty of startling scenes, but the real allure comes from the suspense that builds in the stillness, and the sweetness that arises from these two misfit characters forging a relationship they both desperately need, even though they know it can't last.

2

Nosferatu (1922): As far as classics go, it's hard to choose between this and the Bela Lugosi Dracula from 1931. Lugosi is, of course, synonymous with the character. But Max Schreck frightens me more.

Maybe it's the flickering, black-and-white cinematography, or the off-kilter shadows and camera angles. But decades later, the vision of the lanky Schreck rising from a coffin or walking through a doorway with that haunting look in his eyes is still creepy as hell.

3

Shadow of the Vampire (2000): Barely anyone saw this movie, which is a shame because it was wonderfully clever, funny and disturbing. The premise from director E. Elias Merhige and writer Steven Katz was that, in making Nosferatu, Murnau knowingly hired a real vampire as the star to make its frightening moments more realistic. As the driven director, John Malkovich provided an incisive exploration of the lengths to which a filmmaker will go for art.

4

The Lost Boys (1987): Robert Pattinson was an infant when this came out, nowhere close to playing the swoony, sparkly Edward of the Twilight series. But back then, Joel Schumacher's film defined the vampire as teenage rebel. And this is very much a Schumacher film, for better and for worse: It's got the hot young cast of Jason Patric, Kiefer Sutherland, Jami Gertz and not one but two Coreys, Haim and Feldman. If you grew up in the '80s, this was an exciting, sexy movie.

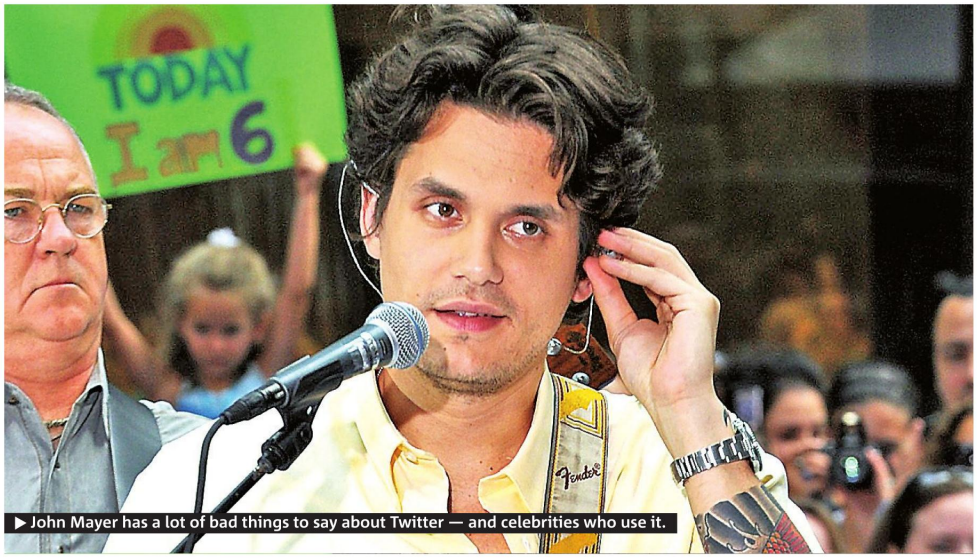
5

Love at First Bite (1979): A disco-riffic spoof of the seductive side of Dracula. George Hamilton has never been as pasty or as funny as he was here, playing the deadly serious and hopelessly romantic count. Forced out of his Transylvania castle, he moves to New York City to pursue the model (Susan Saint James) he adores from afar. Arte Johnson is a hoot as his sniveling sidekick, Renfield. This one's dated, but deserves eternal life.

THE ASSOCIATED PRESS

Twitter leads art-less masses: John Mayer

John Mayer is finally addressing why he walked away from his 3.2 million followers on Twitter by deleting his account last month. "It occurred to me that since the invocation of Twitter, nobody who has participated in it has created any lasting art. And yes! Yours truly is included in that roundup as well," Mayer writes in a blog post. "No artwork created by someone with a healthy grasp of social media thus far has proven to be anything other than disposable." He also says he resents the way celebrities use the site. "When you convert your art into the art of real-time brand management, I suddenly have no more interest in it," he writes. "I'm not a brand." ● METRO



▶ John Mayer has a lot of bad things to say about Twitter — and celebrities who use it.

Celebrity tweets

Kanye West [@kanye west] Sitting at the graphics house in Paris designing the type face for the album packaging

Olivia Wilde [@olivia wilde] New York, please stop being so perfect or I will need a tranquilizer and a police escort to get me on the plane back to LA.

Stephen Fry [@stephenfry] Bumped into the greatest bowler of all time at a Sting concert last night. And he's on twitter!

Rainn Wilson [@rainnwilson] I know how to take down the Taliban. Bedbugs. ● METRO

I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).

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Jolie's kids go where she goes

It's back-to-school time, and since Angelina Jolie is currently directing a movie in Hungary, that's where her kids will go to school, according to People magazine. "Angelina has enlisted her children into (an) elite French-American school that (Pax and Maddox) will attend from next week on," a source says. "The school has kindergarten, too, where Zahara and Shiloh will attend." As for Jolie's partner, Brad Pitt, he's been in Boston filming his next project, Moneyball. ● METRO

▶ School's important to Angelina Jolie, even abroad.

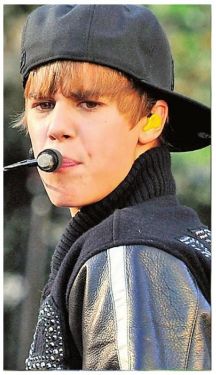
Talking points

Handler gets close to her 50 cent dream

SHE NEEDS A BIT OF CHANGE. Chelsea Handler has been telling audiences for ages that she wants to get intimate with rapper 50 Cent, and apparently he was paying attention. The pair were spotted getting cosy on a date in New Orleans recently, according to TMZ. And Handler admitted during a recent episode of her show that 50 Cent had sent her flowers and left her a voicemail saying, "I just want you to know that I was serious about asking you out. Just wanted to know if you are single." ● METRO

Newsflash: Bieber's rich

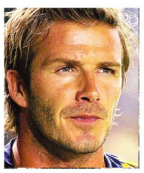
MONEY, MONEY, MONEY. Justin Bieber is by far the highest-paid teen performer, earning a reported $300,000 a night while on tour, according to the Smoking Gun. Not only does he make three times what Disney teen star Selena Gomez earns, he also out-earns established acts like Sheryl Crow and Weezer, who pull in $146,500 and $150,000 per night, respectively. But Bieber still trails top-earning Rascall Flats. The country act makes $702,500 a night. ● METRO



Lilo lurkers inundate clinic

The Betty Ford Center has reportedly had to beef up security to deal with all the paparazzi since Lindsay Lohan checked in, but the troubled actress is at least helping foot the bill, according to the Chicago Sun-Times. The clinic has had to bring on extra staff "to cope with all the paparazzi lurking around — trying to get one of those 'money' shots to sell to the tabloids." And while Lohan has been helping with the expense, she hasn't been terribly social since checking in. "She has been a bit stand-offish with other patients and staff," a source says. ● METRO

Alleged mistress strikes back



The alleged mistress David Beckham is suing for libel is now suing him right back. Irma Nici claims she was roughed up by the man sent to serve her papers for Beckham's suit against her, leading to her being hospitalized, according to the Daily Mail. "Beckham is responsible for his goon's conduct, and we will hold him liable for it," Nici's lawyer says. ● METRO

3 life

Gaga for safety

Flight attendants for a low-cost Philippine airline who dance to Lady Gaga to keep passengers from snoozing through an in-flight safety demonstration are the latest YouTube sensation.

A video of stewardesses performing a choreographed routine aboard a Cebu Pacific flight last week to demonstrate safety procedures has received more than 6.5 million hits.

The Manila-based airline, said yesterday it resorted to dancing stewardesses to draw more passenger attention to its in-flight safety reminders.

THE ASSOCIATED PRESS

Cathay Pacific, WestJet Airlines code-share pact goes into effect

FLICKR: C.G.P. GREY

Everything is bigger in Texas

▶ The Cadillac Ranch is a must see if you are in Amarillo, Texas.

Go to the heart of Texas with a trip to Amarillo ◐ The people love God, meat, their horses and Humvees ◐ Oddball art is all over the city that's in a state better known for oil and gas

SEE
The Signs

Amarillo, Texas, is on oddball place, but perhaps it's King Oddball is Stanley Marsh III — heir to an oil and gas fortune and madcap artist. He has erected scores of mock traffic signs with slogans like "Road Does Not End." Funny and strangely affecting.

HEAR
The Humvees of Repent Amarillo

Repent Amarillo is the scarily militarised faction of the Army of God and their camouflaged Humvees seem to be everywhere.

List of hates includes rock 'n' roll, gays, students, environmentalism, planned parenting … be afraid, be very, very afraid.

EAT
Sharky's

Sharky's Burrito Co, in 1612 S Georgia St., is fast becoming legendary. It serves simply huge, delicious burritos for a few dollars. Whatever your budget this is not to be missed.

DRINK
The blood of Christ

Only half joking — this place is very religious. There are chapels everywhere, traditional and modern — one of them has a "blood" pouring down the frontage and the slogan "His blood was spilled for you." Thanks but I've just eaten.

WEAR
A cowboy hat

They love horses in Amarillo and there are many ranches you can visit to see, well, real ranchers. A cowboy hat, check shirt and denim is de rigeur.

DO
Cadillac Ranch

Iconic piece of '70s pop-art courtesy of that man Stanley Marsh again. Essentially 10 Cadillacs buried nose down in the dirt in a field just outside of town. It's very, very surreal. You can play on them too!

DON'T
Bad mouth the Lord

Seriously. This is the buckle end of Bible Belt America and you mouth-off at your peril.

SAY
Anything

So long is it is infused with Christian decency and southern good manners. They both very seriously around here.

DON'T SAY
Do you have a vegan option?

Meatpacking is Amarillo's main employer and the region supplies more than 25 per cent of the nation's meat. It is also home to the Amarillo Gun Club, one of the USA's leading trap-shooting organisations.

For more information go to visitamarillotx.com

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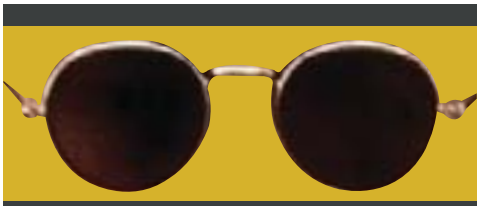
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I know what you're thinking as you peruse that glossy new guidebook: sunset strolls by the Seine, slow motion high-fives on Machu Picchu, steamy lovemaking on a secluded beach in Thailand where the sand doesn't get in the way.

What you're leaving out: non-existent street signs, less-than-aromatic local public transit and disappearing reservations. And — oh God — that hellish reservoir of sweat that develops between your back and a knapsack on a hot day. Blech.

The thing is, real travel is much more like The Amazing Race than a Sandals ad. Between jet lag fatigue, gnawing hunger and incomprehensible shower dials, there are so many frustrations that you just never encounter in your everyday life. And whose fault is it that the little out-of-the-way gelateria you just spent two hours trying to find is closed for renovations? Your partner's, of course! Don't believe what lawyers tell you: The map is the original divorce paper.

The good news is that travelling as a twosome isn't completely impossible. You can curtail the squabbles if you lower your expectations, only fly first class (yeah, right) and consider the tips below.

▶ Most couple vacations aren't as perfect as a day on the beach. But there are ways to ensure a smooth holiday.

- Blowin' in the wind means relationship turbulence. There is nothing romantic about wasting tragic amounts of time searching for basics like hotels and food. Book as much as you can in advance.
- That said, leave lots of gaps within that structure for spur-of-the-moment activities. Do not make a minute-by-minute itinerary and take on the role of drill sergeant. (Unless it's a sexy drill sergeant.)
- You might have Google Maps installed on your iPhone, but if your partner (wrongly) insists that "it's that way," shut up and enjoy the scenic route.
- The Parisian "cigarette and coffee" breakfast? Mon dieu, non! When blood sugar drops, so does the sweetness between you and your beloved. Eat regular meals and acquaint yourself with the entire tasty line of PowerBars.
- Of course you love him dearly. It's all bliss and joy and snuggles. But he's driving you effing nuts, right? Since most couples don't spend 24-7 together, it's natural to want some space. Don't feel guilty about sending him to a sporting event while you go shopping.
- Constant sightseeing yields total travel burnout. On long trips, take a vacation from the vacation by having an average date and concentrating on each other — get a room with a kitchen and cook dinner or see a movie.
- It's okay to think museums are boring. Who wants to look at ancient ceramics in glass cases every day? Nobody. Who wants to sleep in and have some dirty vacation sex instead? Everybody. Maybe you can even find that secluded beach after all.

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Riding the rapids in Montreal

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA

Montreal ... a city of culture, jazz, history, and ... bone chilling rapids!

When you're not enjoying all that cultural and history, high adventure is only as far away as the port of old Montreal on the St. Laurence River.

Forget white water rafting, high-speed jet boating on the Lachine Rapids is one of the fastest, bumpiest, wettest, wildest rides you'll ever experience. Imagine hitting a 20 foot high wall of water, coming up for a few seconds of air and then doing it all over again ... and again!

FLICKR: LUKEGORDON1

▶ Get a unique view of Montreal while riding the Lachine Rapids in a high-speed jet boat.

Saute Moutons tours offers a one hour thrill ride that will leave your heart in your throat, while your trying not to swallow gallons of river water. When it comes to riding the rapids, I'd rate this experience a ten!

The moment you hit those Lachine rapids, it really does feel like boat's about to capsize, even though a safety bar ensures than can't happen. Yes, you'll get soaked to the bone, but it's a lot more exciting than your typical amusement park roller-coaster. Thankfully, the $65 fee includes the rental of a full head to toe wet suit, and believe me, it comes in handy.

The adventure is billed as a scenic city tour, but you soon forget about the pretty buildings, when those rapids hit. To be honest, I didn't see a lot during the rapids part of the tour. Too busy trying to get the water out of eyes, ears, and mouth.

My kinda fun!

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FLICKR: CHRISTOPHER POLICARPIO

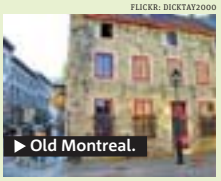
SEE THE SIGHTS

Other cool things to do in Montreal

Stroll through Old Montreal: You'd swear you were in old Europe with all the cobblestone streets, old cafes, and 17th and 18th century architechure. You won't find this kind of old world charm and character anywhere else in North America.

Hike to the top of Mount Royal: A brisk walk up a series of staircases to the summit will reveal the most amazing view of the city. In winter there is even a special path to cross-country ski to the top. Every Sunday you can check out the Tam Tam Jam music festival in the park at the base of Mount Royal. DARREN PARKMAN

FLICKR: DICKTAY2000



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CRUISE roundtrip Miami and visit Key West & Cozumel. Sails Dec 13/ccl.

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CRUISE roundtrip Miami and visit Nassau, Half Moon Cay & Grand Turk. Sails Dec 13/ccl.

USA

Orlando Family Special Air + 7 Nights $119Ω*
Champions World Resort + taxes & fees $247
INCLUDES accom close to theme parks with shuttle to local theme parks. Price per person based on a family of 4. Departs Oct 3/ggv/ts.

New Orleans US Thanksgiving Weekend Air + 3 Nights $499
Renaissance Arts Hotel + taxes & fees $120
INCLUDES central 4-star accom on the Riverfront during the American Thanksgiving weekend. Departs Nov 26/ggv/dl.

San Francisco Air + 4 Nights $699
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Varadero 7 Nights 4-Star $465*
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Vietnam Air + 9 Nights $1659
Liberty Central Hotel, Sunrise Nha Trang Beach Hotel + taxes & fees $319
INCLUDES 3 nights Saigon accom and 6 nights Nha Trang accom with breakfast. Departs Jan 20/ggv/ua. ADD private Nha Trang snorkeling tour for $89.

Argentina Air + 8 Nights $1749
Novotel Buenos Aires, Sheraton Mendoza + taxes & fees $121
INCLUDES 6 nights Buenos Aires accom and 2 nights Mendoza accom. Departs Nov 3/ggv/la.

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Take a trip to a cemetery

Rochester, N.Y., is home to America's oldest municipal park-garden graveyard Visit for the history, stay for the serene beauty

Atop an oak-shaded hill at Mount Hope Cemetery, an epitaph chiselled in Latin on Col. Nathaniel Rochester's headstone whispers on the wind: "If you seek his monument, look around you."

Mount Hope, America's oldest municipal park-garden graveyard, is a refuge not only for the departed. Curious souls still tramp through the 78-hectare arboretum by the tens of thousands each year, among them picnickers, bird watchers, joggers and history buffs.

In the Romantic era of Wordsworth and Beethoven, the Victorian vogue of mourning embraced a love of nature and artistry. So-called "rural cemeteries" a few kilometres out of town were a sublime departure from the austere colonial churchyards with morbid funerary where the dead typically ended up.

DAVID DUPREY/THE ASSOCIATED PRESS

▶ Mount Hope is home to the final resting place of several famous people including suffragist Susan B. Anthony.

Some 200 were established in the three decades before the Civil War, beginning with Mount Auburn near Boston in 1831. They're invariably hemmed in now by urban sprawl, forerunners of large-scale city parks and the grid-pattern cemeteries that predominate to this day.

Carved out of wilderness on New York's western frontier in 1838, Mount Hope's heavily wooded Old Grounds are a jumble of glacier-carved ridges, ravines and meadows.

Cobbled carriage paths twist and tumble past Greek-style mausoleums, a Florentine fountain and a Gothic Revival chapel, stone terraces fringed with wildflowers, and ornate bronze, marble and granite sculptures of pet dogs, winged angels and Celtic crosses.

And don't forget the permanent residents — 350,000 at last count, and growing by 300 or so each year.

Among the best-known: Civil rights crusader Frederick Douglass, suffragist Susan B. Anthony, anthropology pioneer Lewis Henry Morgan, and William Warfield, fondly eulogized in 2002 for his gravelly rendition of Ol' Man River in the musical Show Boat.

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Succulent holiday pork

Not too many supermarkets carry the choicest cuts of pork
For Thanksgiving, it's worth it

Crown pork roast is the juiciest, most succulent cut of pork. The roast comes from the rib portion of the loin, which is considered the tenderest of sections.

Shoppers who want to cook it for a special feast should order it from a local butcher shop, supermarket or farmers market well in advance as the crowns have to be specially prepared.

Sometimes the purveyors will include paper frills with the roast that you can use to dress the tips of the bones after cooking and before serving to give it a truly elegant presentation and wow your family and guests this Thanksgiving. Recipe is below.

Crown Roast of Pork
Preparation:

Ingredients :
- 1 crown roast of pork (about 4.5 kg/10 lb)
- 250 ml (1 cup) diced dried apricots
- 250 ml (1 cup) Grand Marnier liqueur
- 125 ml (1/2 cup) butter
- 250 ml (1 cup) chopped celery
- 1 medium onion, chopped
- 1 pkg (227 g/8 oz) herb seasoned stuffing mix
- 125 ml (1/2 cup) slivered almonds
- 250 ml (1 cup) chicken broth
- 2 ml (1/2 tsp) dried thyme
- Salt and pepper, to taste

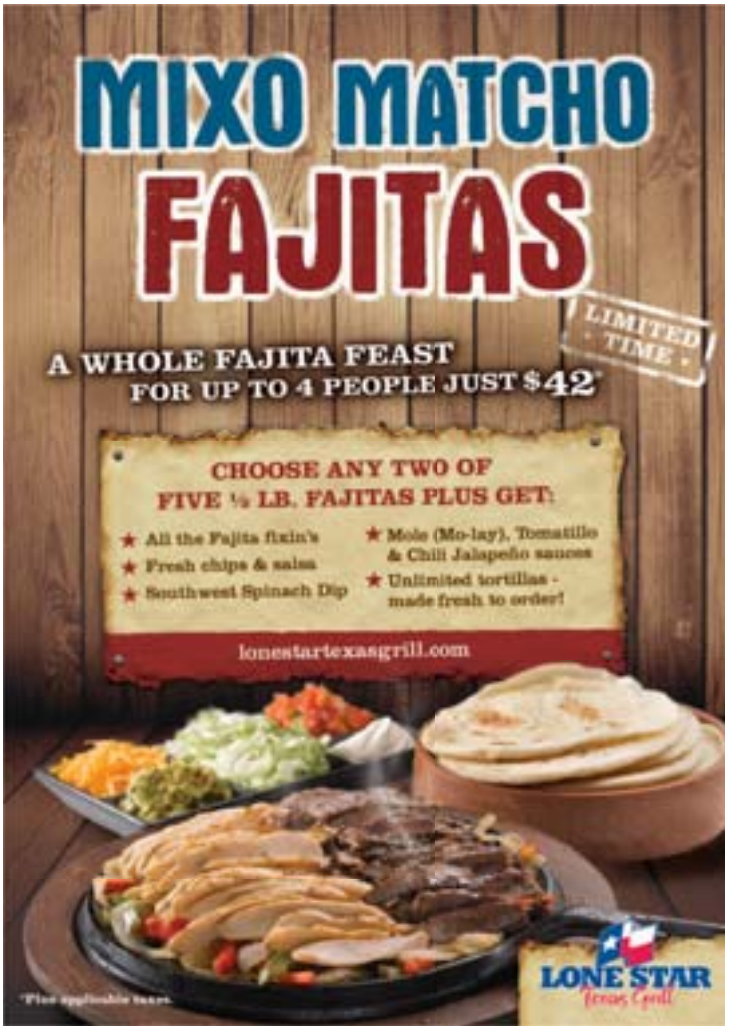
1 In a small saucepan, heat apricots and Grand Marnier to boiling. Remove from heat; set aside. In a large skillet over medium heat, melt butter. Add celery and onion; saute for 5 to 10 minutes. Transfer to a large mixing bowl. Add stuffing mix, apricots with Grand Marnier and almonds. Stir to combine. Heat broth to boiling. Pour over stuffing mixture. Add thyme, salt and pepper. Stir to combine.

2 Fill cavity of pork roast with large foil ball. Place roast in a roasting pan, bones pointing up. Cover bone tips with small pieces of foil to prevent burning. Roast uncovered in a 160 C (325 F) oven for 2 1/2 hours, basting occasionally with pan juices. Remove roast from oven. Drain off any excess fat.

3 Remove foil ball and fill cavity with stuffing. Cover stuffing with a small piece of foil to prevent drying. (Alternatively, place stuffing in a baking dish and cook in oven with roast.) Roast for another 1 1/2 hours or until meat thermometer reaches 68 to 70 C (155 to 160 F). Place roast on a carving board and allow to rest for 10 minutes. Slice between ribs to serve. Makes 12 to 14 servings.

THE ASSOCIATED PRESS

▶ Crown pork roast with Grand Marnier and apricot stuffing.



Success of sustainability depends on bottom line

Turn risk into opportunity by developing environmentally sound business strategy

FLICKR: VAXOMATIC

As Canadians become more environmentally conscious and demand green products and services, many companies are looking for ways to reduce their environmental footprint. But to be successful, sustainability and profitability must be interlinked.

"For sustainability to be effective and lasting in the corporate environment, it must create economic benefits in concert with environmental benefits," says Tyler Elm, vice president of sustainability for Canadian Tire. "Our goal at Canadian Tire is to implement sustainable practices that advance the business while benefiting our customers and the environment."

According to a recent Economist Intelligence Unit survey, just 24 per cent of executives believe there is a strong link between financial performance and commitment to sustainability in the short-term (one to two years), with 69 per cent seeing opportunity over the long-term (five to 10 years). That said, savvy companies can make short-terms gains on their long-term sustainability strategies.

According to Elm this may be a result of executives having only a partial understanding the opportunity of sustainability. He notes that, "for business, sustainability issues may be used to drive innovation, creating significant benefits for the bottom line and the environment. Best practice is to go after basic eco-efficiency first — stuff that reduces costs and greenhouse gas emissions almost immediately — before going after opportunities to grow sales or market share from things such as more sustainable products."

For example, Canadian Tire has reduced its carbon footprint and energy costs by equipping approximately 200 stores nationwide with Central Energy Management (CEM) technology. The CEM system controls the store's energy consumption and reports inefficiencies. The energy saved in the converted stores will reduce greenhouse gas emissions by 7629 metric tonnes — the equivalent of removing 1149 cars from the road per year — and will save the company approximately $3.4 million on energy costs every year.

Another one of Canadian Tire's strategies to maximize profitability while maintaining an environmentally sound business model is to source and sell innovative products, like its new line of Blue Planet car mats. Used tires are collected, processed, and transformed into car floor mats, extending the life cycle of one of Canadian landfills' most notorious inhabitants. "One pair of car mats removes one tire from landfills, so it's truly a win-win for the environment and the economy," notes Elm. "We bring our stewardship full circle, with the end result being a quality product."

It's possible for corporations to implement environmentally sustainable business practices without sacrificing bottom line profits. With proper financial planning and sound business strategies, sustainability can be good for business as well as the environment. **NEWS CANADA**

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SO, WHAT'S THE DAMAGE?

Workplace Law

DANIEL LUBLIN
IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.
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It is one of the most important concepts in workplace law — or at least it was. Since 2008, when the Supreme Court presented Canadian workplaces with the Keays decision, employers have played legal hardball with relative impunity. Trumped-up allegations of employee misconduct, bogus reasons for dismissal, malicious references or frivolous defences may be improper conduct, but without an employee's actual economic losses, courts have been unable to intervene.

Before Keays, employers had an obligation to play nice and behave well at the time of dismissal, or face paying additional "bad faith" damages to a former employee. But, following that case employers went from strength to strength. A recent Alberta Court of Appeal decision illustrates why.

When Calgary stock broker Kurt Soost was fired from Merrill Lynch for allegedly breaking the brokerage's rules, he didn't go quietly. Believing that his dismissal was deliberately timed in order to seize his clientele, Soost sued claiming wrongful dismissal and additional damages based on a loss of goodwill, stemming from the fact that the manner of his dismissal cost him most of his book of business.

In 2009, a trial judge awarded Soost a year's salary plus an additional $1.6 million because the manner of his dismissal affected his ability to retain his clients and cost him his book of business.

However, the Court of Appeal recently struck part of that award down in a decision that has many employees shaking their heads. The ruling pointed out that Merrill Lynch was allowed to terminate Soost and that its only mistake was failing to provide him with a fair warning. Since the loss of his clients stemmed from the loss of his job, in awarding Soost a year's pay, he was fairly compensated, according to the Court.

What does this decision mean for Canadian workplaces? Employees, and their lawyers, should not add zeros to their lawsuits based on the fact they were fired. Rather, evidence of some extraordinary harm caused by the manner of dismissal must be present. Further, employers, who had feared financial sanction for mishandling terminations, need no longer be so deterred. According to Alberta's Court of Appeal, this would create a "slacker's charter," whether right or wrong.

Smooth sailing for traveling families

▶ More Canadians are taking the plunge and traveling with their children.

Secret to a good vacation is planning and patience

Travel was once considered a privilege for the wealthy.

Yet over the years, it has become easier and less costly to visit places near and far, and more Canadians are taking the plunge and traveling with their children.

While it can be exhilarating to experience new cultures, customs and cuisines, it can also be overwhelming for parents to be in a new place with young children.

Author and parenting expert Kathy Buckworth is no stranger to traveling with kids, and notes that it's important to prepare your family for what to expect before you board the flight or hit the road.

"No matter what kind of trip you are taking, whether it's an international flight or just a drive across the province to visit the grandparents, family vacations take a lot of planning and patience.

"One of the key things I recommend is to take the time to learn about the place you are going to before you get there. Leapfrog's Tag Reading System is the ideal solution for such an exercise, with math and logic puzzles, and a new interactive World Map that introduces geography and social sciences.

"The Tag Reading System is bound to invite interesting conversations and ensure everyone gets the most out of their time away from home."

NEWS CANADA

Trip tips

Tips for your next trip:

- **Before you head out:** Do some research to learn about geography, key landmarks or cultural differences. Leapfrog developed a new World Map that works with the Tag reading system, which is a beautiful, full-colour rendering of geographical and political features, landmarks, and cultures, in an engaging form that will inspire kids to explore the world around them in an exciting, interactive way.
- **Make a choice:** Allow each family member to choose a favourite activity or hotspot they want to visit upon arrival.
- **On the way:** Bring a map or guidebook with you to show older children the route you're taking, and encourage younger children to enjoy the scenery as things change and pass by.
- **Once you arrive:** Encourage your children to play games like "I Spy" that will keep them focused visually. Ask them to "spy" things that are different from where you live as well as things that are the same.
- **Back home:** Create a scrapbook to document your family's favourite moments and memories. Include photos and comments to help capture the experience for years to come.

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4 sports

Quoted

"They're all back — that core group that led us in the stretch run and the playoffs. They are all leaders, not just the captain. We're all coming back and we know what to expect and can build off last year. So we're excited about this year."

BRIAN GIONTA, CANADIENS CAPTAIN

▶ New York Yankee Brett Gardner runs against the Twins in Game 2 of last year's ALDS. New York swept that series 3-0.

Can Twins escape from New York?

Yankees have a history of knocking Minnesota out of post-season

There has been nothing romantic about the underdog Minnesota Twins meeting the big, bad New York Yankees in the post-season.

There have been no heart-warming tales of the little guys overcoming long odds.

No Hollywood endings for the unlikely hero against the Evil Empire.

The Yankees are 9-2 against the Twins in the past decade in the first round of the AL playoffs, following 3-1 triumphs in 2003 and 2004, with a sweep last season. The domination likely has made the Yankees more hated in the Twin Cities than in any metro area outside of Boston.

YANKEES TWINS

▶ **Time:** Tonight, 8:30
Channel: SNET

"The Yankees are a great team with a lot of great players," Twins manager Ron Gardenhire said yesterday.

"They have been doing it for a long time. And we had our share of playoff runs, too. And we've butted heads with them and they are not the easiest team to play. They create a lot of problems for everybody that faces them."

The latest chapter in what has been a lopsided rivalry begins tonight, when Francisco Liriano starts for the Twins in the opener against New York's CC Sabathia in the first outdoor post-season game in Minnesota since 1970. The Twins went an AL-best 53-28 at home in their first season at Target Field.

The defeats have come in every way imaginable for the Twins, from Mark Teixeira's 11th-inning home run in Game 2 last year to an 8-1 wipeout of ace Johan Santana in Game 4 at the Metrodome in 2003.

THE ASSOCIATED PRESS

Long wait over for Halladay

REDS PHILLIES

▶ **Time:** Today, 5 p.m.
Channel: SNET

Roy Halladay spent plenty of Octobers at home, wishing for this opportunity.

The ace right-hander has been to seven all-star games, won a Cy Young Award, pitched a perfect game and compiled an impressive resume over his 13-year career. But the one thing he hasn't crossed off his to-do list is pitch in a post-season game.

Until now.

Halladay will take the ball when the Philadelphia Phillies host the Cincinnati Reds in Game 1 of their NL division series today.

"It's definitely something I'm looking forward to," Halladay said yesterday. "It's a great challenge. It's something I've wanted to do my whole career, and I'm very grateful for the opportunity."

Edinson Volquez will start for the NL Central champion Reds, who are in the playoffs for the first time since 1995. Volquez came back from right elbow surgery and went 4-3 with a 4.31 ERA in 12 starts.

"For me, it's something really big," he said.

"I was out for one year and came back from Tommy John surgery. This is the first game of the playoffs. It's something big. Really big."

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	—	—	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	—	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	—	—	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	—	—	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	—	—	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	—	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562	—	—	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	—	—	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	.494	12	11	7-3	W-2	45-36	35-46
Arizona	65	97	.401	27	26	4-6	L-2	40-41	25-56

x-clinched division; y-clinched wild card

2010 POST SEASON

DIVISION SERIES

(Best-of-5)
(Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage)
(All times Eastern)

AMERICAN LEAGUE

TAMPA BAY (E) VS. TEXAS (W)
Today's game
Texas (Lee 12-9) at Tampa Bay (Price 19-6), 1:37 p.m.
Tomorrow's game
Texas (Wilson 15-8) at Tampa Bay (Garza 15-10), 2:37 p.m.
Saturday's game
Tampa Bay (Davis 12-10) at Texas (Lewis 12-13), 5:07 p.m.
Sunday's game
x-Tampa Bay (Shields 13-15) at Texas (Hunter 13-4), TBA
Tuesday, Oct. 12
x-Texas at Tampa Bay, TBA

MINNESOTA (C) VS. N.Y. YANKEES (WC)
Today's ga,e
N.Y. Yankees (Sabathia 21-7) at Minnesota (Liriano 14-10), 8:37 p.m.
Tomorrow's game
N.Y. Yankees (Hughes 18-8 or Pettitte 11-3) at Minnesota (Pavano 17-11), 6:07 p.m.
Saturday's game
Minnesota (Duensing 10-3) at N.Y. Yankees (Pettitte 11-3 or Hughes 18-8), 8:37 p.m
Sunday's game
x-Minnesota (Blackburn 10-12) at N.Y. Yankees (Burnett 10-15), TBA
Tuesday, Oct. 12
x-N.Y. Yankees at Minnesota, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. CINCINNATI (C)
Today's game
Cincinnati (Volquez 4-3) at Philadelphia (Halladay 21-10), 5:07 p.m.
Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-13), 6:07 p.m.
Sunday's game
Philadelphia (Hamels 12-11) at Cincinnati (Cueto 12-7), TBA
Monday, Oct. 11
x-Philadelphia at Cincinnati, TBA
Wednesday, Oct. 13
x-Cincinnati at Philadelphia, TBA

SAN FRANCISCO (W) VS. ATLANTA (WC)
Tomorrow's game
Atlanta (Lowe 16-12) at San Francisco (Lincecum 16-10), 9:37 p.m.
Friday's game
Atlanta (Hanson 10-11) at San Francisco (Cain 13-11), 9:37 p.m.
Sunday's game
San Francisco (Sanchez 13-9) at Atlanta (Hudson 17-9), TBA
Monday, Oct. 11
x-San Francisco at Atlanta, TBA
Wednesday, Oct. 13
x-Atlanta at San Francisco, TBA
x - played only if necessary.

CALENDAR

Oct. 6 — Playoffs begin.
Oct. 27 — World Series begins, city of National League champion.
November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 16-17 — General managers' meetings, Orlando, Fla.
Nov. 17-18 — Owners' meetings, Orlando, Fla.

NHL

PRE-SEASON

Yesterday's results
Columbus 4 Malmo/Rogle BK (Sweden) 1
Boston 7 HC Liberec (Czech Republic) 1
Today's game
Phoenix at Dinamo Riga (Latvia), Noon
End NHL Pre-season Schedule

REGULAR SEASON

Tomorrow's games
(All times Eastern)
Carolina at Minnesota (at Helsinki, Finland), 12 p.m.
Montreal at Toronto, 7 p.m.
Philadelphia at Pittsburgh, 7 p.m.
Chicago at Colorado, 10 p.m.
Calgary at Edmonton, 10 p.m.

NBA

PRE-SEASON

Last night's results
Cleveland 87 Charlotte 72
New Jersey 103 Philadelphia 96
Miami 105 Detroit 89
Milwaukee 92 Chicago 83
Washington at Dallas
Orlando vs. Houston
L.A. Clippers at Portland
Phoenix at Sacramento

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

CYCLING

Women
500-metre time trial — Monique Sullivan, Calgary, fourth, 36.238 seconds.
Men
1,000-metre time trial — Travis Smith, Calgary, fifth, 1:03.656.

FIELD HOCKEY

Men
Canada lost 4-1 to South Africa.

GYMNASTICS

Women's artistic team
Canada (Catherine Dion, Gatineau, Que.; Kristin Klarenbach, Edmonton; Cynthia Lemieu-Guillemette, St-Hubert, Que.; Gabby May, Winnipeg; Emma Willis, Sarnia), won bronze, 154.750.

SQUASH

Men
Third round: Shawn Delierre, Montreal, lost 11-7, 11-4, 10-12, 11-2 to second-seeded James Willstrop of England.
Women
Third Round: Stephanie Edmison, Toronto, lost 11-3, 11-3, 11-3 to third-seeded Alison Waters of England.

SWIMMING

Men
50 backstroke — Charles Francis, Montreal, seventh, 25.87.
200 freestyle — Stefan Hirniak, Victoria, sixth, 1:48.65.
Women
50 breaststroke — Annamay Pierce, Edmonton, sixth, 32.15.
50 butterfly — Katerine Savard, Quebec City, seventh 27.21; MacKenzie Downing, Whitehorse, eighth, 27.42.
Paralympic 50 freestyle — Katarini Roxon, Kippens, NL, sixth, 34.37.

WEIGHTLIFTING

Women
53-kilogram class — Marilou Dozois-Prevost, Montreal, won gold with 182-kilogram total.

WRESTLING

Men
96-kilogram class — Eric Fuenekes, Fredericton, won bronze.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	27	14	8	5	35	27	47
Columbus	27	13	7	7	35	29	46
Kansas City	26	9	11	6	29	31	33
Toronto FC	27	8	12	7	28	34	31
Chicago	26	7	11	8	31	35	29
Philadelphia	27	7	13	7	32	44	28
New England	27	7	15	5	29	47	26
D.C. United	27	6	18	3	19	42	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	27	16	6	5	40	22	53
x-Real Salt Lake	27	14	4	9	41	18	51
x-FC Dallas	27	12	2	13	39	22	49
Seattle	27	12	9	6	34	31	42
Colorado	27	11	8	8	37	27	41
San Jose	26	11	8	7	28	28	40
Houston	27	7	14	6	36	46	27
Chivas USA	26	7	15	4	26	36	25

x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Los Angeles at Philadelphia, 8 p.m.
Friday's game
Columbus at Chicago, 9 p.m.
Saturday's games
Real Salt Lake at New York, 4:30 p.m.
Colorado at FC Dallas, 6 p.m.
San Jose at D.C. United, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
Toronto FC at Chivas USA, 10:30 p.m.
Sunday's game
New England at Houston, 8:30 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	336	18
Hamilton	13	6	7	0	330	355	12
Toronto	13	6	7	0	259	344	12
Winnipeg	13	3	10	0	345	349	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	13	9	4	0	380	345	18
B.C.	13	5	8	0	324	319	10
Edmonton	13	4	9	0	261	413	8

x — clinched playoff berth.
Friday's game
(All times Eastern)
Edmonton at Hamilton, 7:30 p.m.
Saturday's game
Toronto at Saskatchewan, 5 p.m.
Monday, Oct. 11
Calgary at Montreal, 1 p.m.
B.C. at Winnipeg, 4:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Duval, Mtl	0	37	30	12	139
McCallum, BC	0	26	35	6	137
Maver, Cal	0	50	27	3	134
Congi, Sask	0	37	25	1	113
DeAngelis, Ham	0	29	25	1	105
Prefontaine, Edm	0	23	20	7	90
Cates, Sask	14	0	0	0	84
Shaw, Tor	0	18	19	6	81
x-Green, Mtl	10	4	0	0	64
T.Edwards, Wpg	10	0	0	0	60
Bryant, Cal	9	0	0	0	54
Robertson, BC	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
Palardy, Ham-Wpg	0	14	10	4	48
Cobb, Ham	7	0	0	0	42
Lewis, Cal	7	0	0	0	42
Watkins, Mtl	7	0	0	0	42
x-Richardson, Mtl	6	2	0	0	38
Boyd, Tor	6	0	0	0	36
Bruce, Ham	6	0	0	0	36
Durant, Sask	6	0	0	0	36
Rambo, Cal	6	0	0	0	36
x-Owens, Tor	5	2	0	0	32
x-Simon, BC	5	2	0	0	32
Cobourne, Mtl	5	0	0	0	30
Dressler, Sask	5	0	0	0	30
Fantuz, Sask	5	0	0	0	30

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	4	0	.000	61	125

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	61	55
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	2	0	.500	79	78
Cleveland	1	3	0	.250	68	77

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85
Oakland	1	3	0	.250	76	107

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

NORTH

	W	L	T	Pct	PF	PA
Chicago	3	1	0	.750	69	68
Green Bay	3	1	0	.750	106	73
Minnesota	1	2	0	.333	43	38
Detroit	0	4	0	.000	82	106

WEST

	W	L	T	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

Week Four

WEEK 4

Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Monday's result
New England 41 Miami 14
Sunday's result
Atlanta 16 San Francisco 14
Baltimore 17 Pittsburgh 14
Cleveland 23 Cincinnati 20
Denver 26 Tennessee 20
Green Bay 28 Detroit 26
Houston 31 Oakland 24
Jacksonville 31 Indianapolis 28
New Orleans 16 Carolina 14
N.Y. Giants 17 Chicago 3
N.Y. Jets 38 Buffalo 14
San Diego 41 Arizona 10
St. Louis 20 Seattle 3
Washington 17 Philadelphia 12

WEEK 5

Byes: Miami, New England, Pittsburgh, Seattle
Sunday, Oct. 10
St. Louis at Detroit, 1 p.m.
Denver at Baltimore, 1 p.m.
N.Y. Giants at Houston, 1 p.m.
Green Bay at Washington, 1 p.m.
Chicago at Carolina, 1 p.m.
Atlanta at Cleveland, 1 p.m.
Jacksonville at Buffalo, 1 p.m.
Tampa Bay at Cincinnati, 1 p.m.
Kansas City at Indianapolis, 1 p.m.
New Orleans at Arizona, 4:05 p.m.
Tennessee at Dallas, 4:15 p.m.
San Diego at Oakland, 4:15 p.m.
Philadelphia at San Francisco, 8:20 p.m.
Monday, Oct. 11
Minnesota at N.Y. Jets, 8:30 p.m.

TRANSACTIONS

BASEBALL

MLB

LEAGUE OFFICE—Suspended Los Angeles Angels minor league RHP Jordany Gomez (Dominican Summer League) for 50 games after testing positive for performance-enhancing substances.
AMERICAN LEAGUE
TEXAS RANGERS—Named Rick George chief operating officer.
NATIONAL LEAGUE
MILWAUKEE BREWERS—Announced Nashville (PCL) manager Don Money, coach Sandy Guerrero, pitching coach Rich Gale, athletic trainer Dave Yeager, and strength & conditioning specialist Andrew Emmick will return in 2011.

FOOTBALL

NFL

BUFFALO SABRES—Waived F Matt Ellis.
CAROLINA PANTHERS—Waived WR Dwayne Jarrett. Claimed WR David Clowney off waivers from the New York Jets.
CHICAGO BEARS—Terminated the contract of DE Mark Anderson. Signed DE Charles Grant.
INDIANAPOLIS COLTS—Placed S Melvin Bullitt and RB Devin Moore on injured reserve. Activated S Mike Newton from the practice squad. Re-signed S Aaron Francisco. Released DT Mitch King. Released WR Alric Arnett from the practice squad. Signed WR Kenneth Moore.
JACKSONVILLE JAGUARS—Released QB Todd Bouman. Signed DL C.J. Mosley.
MIAMI DOLPHINS—Fired special teams coordinator John Bonamego. Named Darren Rizzi special teams coach.
SEATTLE SEAHAWKS—Acquired RB Marshawn Lynch from Buffalo for two undisclosed draft picks. Re-signed G-OT Chester Pitts. Released RB Julius Jones and G Evan Dietrich-Smith.
TENNESSEE TITANS—Placed DE Derrick Morgan on injured reserve. Signed DT Amon Gordon. Signed TE-FB Joel Gamble to the practice squad. Released FB Jack Corcoran from the practice squad.

HOCKEY

NHL

DETROIT RED WINGS—Assigned D Doug Janik and G Joey MacDonald to Grand Rapids (AHL).
NASHVILLE PREDATORS—Traded D Ryan Parent and F Jonas Andersson to Vancouver for D Shane O'Brien and F Dan Gendur. Assigned D Aaron Johnson to Milwaukee (AHL).
NEW YORK ISLANDERS—Placed F Andy Hilbert on waivers. Announced D Rob Davison cleared waivers and was assigned to Albany (AHL).
PITTSBURGH PENGUINS—Waived F Ryan Craig and D Andrew Hutchinson. Assigned forward Dustin Jeffrey to Wilkes-Barre/Scranton (AHL).
TAMPA BAY LIGHTNING—Claimed C Mattias Ritola off waivers from Detroit. Assigned F Chris Durno, F Johan Harju and G Cedrick Desjardins to Norfolk (AHL). Released F Eric Perrin.

AHL

ELMIRA JACKALS—Announced D John de Gray was assigned to the team by Anaheim (NHL). Signed D Joey Ryan and D Jody Pederson. Released D Brett Beauchamp.
MANITOBA MOOSE—Re-assigned D Taylor Ellington to Victoria (ECHL). Released D Matt Case and C Jason Pitton.
UTAH GRIZZLIES—Signed G Daniel Bellissimo.

ECHL

VICTORIA SALMON KINGS—Signed G Jase Weslosky and F Jonathan Milhouse.

LACROSSE

NLL

CALGARY ROUGHNECKS—Traded D Paul Dawson to Philadelphia for a conditional 2011 second-round draft pick.

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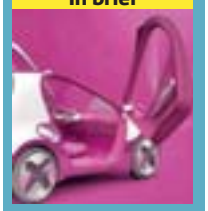
In brief



Kia's 2010 Paris Motor Show stand features striking design and new technologies. Taking centre stage and making its world premiere is the eye-catching, compact and unique electric POP concept, designed by Kia's European design team under the direction of Peter Schreyer, Kia's chief design officer, and Gregory Guillaume, Kia Europe's chief designer.
FROM CARGUIDE

Scan code for more car reviews and news

- Fiesta is stylish with more use of soft-touch materials than is usually found in this class of vehicle
- Ford has big hopes for its new 2011 small car entry
- Fiesta debuts in Los Angeles

HANDOUT

▶ Ford will offer both a four-door sedan and five-door hatchback when the 2011 Fiesta is introduced next summer.

Ford banking on Fiesta to kick-off the party

LORNE DRURY
DRIVE@METRONEWS.CA

Instead of looking to bigger cars, Ford is going smaller to help spur new car sales growth in North America.

The 2011 subcompact Ford Fiesta is due here next summer after enjoying tremendous success in both Europe and China.

The North American version of the Fiesta is making its debut at the Los Angeles Auto Show Dec. 2-13.

Based on a platform designed by Mazda (and to be used on the Mazda2 being launched here next year as well), the Fiesta will come in two body styles — a four-door sedan and five-door hatchback. In Europe, only the hatchback is currently offered.

It is the seventh generation of the popular Fiesta line that has been one of the best-selling small cars in Europe for more than three decades.

It is coming back to North America after a short stint here in the late '70s. To say that the Fiesta is an important car for Ford is an understatement.

"Small cars are our largest opportunity for growth."
MARK FIELDS, PRESIDENT FORD AMERICAS

As Mark Fields, president Ford Americas, puts it, "Small cars are our largest opportunity for growth."

And considering that small cars make up more than a quarter of the entire automotive market, this is a huge segment that Ford has been neglecting for far too many years, concentrating instead on pickups and SUVs.

Ford now realizes that customers no longer buy small cars based on necessity alone.

That may have been the case in the past, particularly south of the border, but in Canada, buyers had been gravitating to small cars in much greater numbers, well before the fuel and credit crises arose.

If sales of the Fiesta in North America mirror those across the pond, Ford has a winner on its hands.

Lowdown

What to expect from the new Ford Fiesta

- **Awards** The new model has won 10 major awards in Europe already and sold more than 500,000 units in 2009 in Europe and Asia.
- **Big seller** Since its inception, the Fiesta has sold more than 12 million units worldwide.
- **Luxury** Ford says it will offer 15 class-exclusive technologies to add luxury and convenience usually found only in much more expensive vehicles.
- **Fuel** The Fiesta is expected to have best-in-class fuel economy, powered by a 1.6-litre DOHC inline-four-cylinder engine.
- **Colour** A vibrant array of colours will help the Fiesta stand out from the crowd, with shades like Lime Squeeze metallic, Red Candy and Bright Magenta among the more colourful.

Low rolling resistance tires can improve your gas mileage

If you want to get the most mileage out of a tank of gas, consider investing in low rolling resistance tires.

Rolling resistance, is a measure of the force that it takes to move your tires forward on the road. As you travel along, the weight of your vehicle "deforms" your tire tread where the rubber meets the road.

The resulting deformity generates heat between the tire and the road, which is then wasted in the form of heat as the tire rotates.

The only way for your engine to make up for the lost energy is through consuming fuel.

The heavier your vehicle, the more energy it burns to compensate. Who knew?

If new tires are on the horizon, consider low rolling resistance tires; some tire manufacturers are now boasting a 20 per cent reduction in rolling resistance through high-efficiency tires that reduce fuel consumption by about 4 per cent.
NEWS CANADA

The THANKSGIVING WEEK Event

OCTOBER 6 – 12

FIRST COME, FIRST SERVED.

CASH DISCOUNTS OF UP TO $8,000

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE

CANADA'S #1 SELLING CROSSOVER^

PURCHASE FOR **$19,999**•

INCLUDES $1,250 CONSUMER CASH,* FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.*

2010 Dodge Journey R/T AWD shown.[1]

PLUS GET **0%**† PURCHASE FINANCING for 36 months

OR CHOOSE

$122 BI-WEEKLY @ A VARIABLE PRIME RATE OF **3.00%**± FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING

$138 BI-WEEKLY @ **4.99%**†† FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$4** MORE BI-WEEKLY WITH CUSTOMER CHOICE FINANCING

2010 DODGE JOURNEY SXT

- Trip computer with temperature and compass
- Leather-wrapped steering wheel with audio controls
- 17" Aluminum wheels

3.5L HIGH OUTPUT V6 24V MPI ENGINE

2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST SELLING MINIVAN FOR MORE THAN 25 YEARS

PURCHASE FOR **$19,999**•

INCLUDES $8,000 CONSUMER CASH,* FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.*

2010 Dodge Grand Caravan SXT shown.[1]

OR CHOOSE

CUSTOMER CHOICE FINANCING

$146 BI-WEEKLY @ **5.99%**†† FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY **$19** MORE BI-WEEKLY WITH CUSTOMER CHOICE FINANCING

2010 DODGE GRAND CARAVAN SE STOW 'N GO®

- Second Row fold-in-floor captain's seats
- Third Row Stow 'n Go with tailgate seats

YOU COULD **WIN**‡ **YOUR VEHICLE FOR FREE**

WHEN YOU PURCHASE ANY 2010 CHRYSLER, JEEP®, DODGE OR RAM BETWEEN OCTOBER 6 AND 12

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

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DODGE CARAVAN KIDS

SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, ^, ◆, †, ±, ††, $ The Thanksgiving Week Event offers apply to retail deliveries of selected new and unused models purchased between October 6, 2010 and October 12, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$19,999 Purchase Price applies to 2010 Dodge Journey SE Canada Value Package (22F) only and includes $1,250 Consumer Cash Discount. $19,999 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $8,000 Consumer Cash Discount. See participating retailer for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ◆No Purchase Necessary. Contest opens 9:00AM ET October 6, 2010 and closes 11:59PM ET October 12, 2010. One (1) Grand Prize available to be won, consisting of a cheque for the total purchase price of the Chrysler, Jeep, Dodge or Ram vehicle purchased. A random draw will be held on October 19, 2010 in Oakville, ON. Must be a resident of Ontario, of the age of majority with a valid Ontario driver's licence. Odds of winning depend on the total number of eligible entries received. Correct answer to mathematical skill testing question required. Limit of one entry per person. For complete contest rules, including no purchase means of entry, go to: https://forms.chryslercanada.ca/thanksgivingwin. ††6.99% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and Ally Credit Canada on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Canada Value Package and Cargo Van, Sprinter and Ram Chassis Cab. Example: 2010 Dodge Journey SE Canada Value Package (22F) with a Purchase Price of $19,999/$19,999 financed at 6.99% APR over 36 months equals 130 bi-weekly payments of $138.67 and one final payment of $138.45 for a cost of borrowing of $2,259/$3,871 and a total obligation of $22,258.37/$23,870.01. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 and 2011 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec dealers. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van and Ram Chassis Cab. Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing in Quebec is subject to different terms and conditions. Examples: 2010 Dodge Journey SE (22F)/2010 Dodge Grand Caravan Canada Value Package (24F) with a Purchase Price of $19,999/$19,999 financed at 4.99%/5.99% APR over 60/60 months with payments amortized over 78/76 months equals 130 bi-weekly payments of $138/$146 and one final payment of $5,273/$4,845 for a cost of borrowing of $3,259/$3,871 and a total obligation of $23,258.37/$23,870.01. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. $2010 Dodge Grand Caravan SXT/2010 Dodge Journey R/T AWD shown have a higher price than the 2010 Dodge Grand Caravan Canada Value Package/2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ∞Loyalty Bonus Cash is offered on most 2010 and 2011 models (with the exception of 2010 Dodge Caliber SE, 2010 Jeep Compass and Patriot 4x2, 2010 Jeep Wrangler Sport, 2010 Dodge Grand Caravan CVP and Cargo Van (C/V)) and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lease maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your retailer for complete details. ^Based on January through June 2010 R.L. Polk sales total registrations. ^SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ^Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

Sporty, not a spotty past

Last-gen Sentra is sporty and comfortable But be sure to check for any recall work that's be done

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

If test driving any used Sentra, be sure to listen for any strange squeaking or rubbing noises from the front end.

The specs

- **MODEL** 2001 to 2006 Nissan Sentra
- **VEHICLE TYPE** Compact Sedan
- **APPROXIMATE USED PRICE RANGE** $2,500 to $9,500

The last-generation Sentra brought Nissan's generations-old nameplate into the compact car class formerly occupied by the Altima- — which itself also sized-up back in 2001. Competing with machines like the Civic, Corolla and G5, the Nissan Sentra brought the brand's knack for sporty and stylish vehicles to the highly competitive marketplace.

The four-door model got a selection of four-cylinder engines, starting with a 1.8 liter unit with 126 horsepower. Optionally available was a 2.0 liter mill with 145. Manual or automatic transmissions were both available.

Look for staple features like power locks, windows, and mirrors, cruise control, tilt steering, and remote entry. Tinted glass, a sunroof, alloy wheels and fog-lamps were also available, depending on the model selected.

What Owners Like

Most owners comment positively on the Sentra's relative bang-for-the-buck in the features and fun departments. Engineers seem to have struck a nice balance between ride comfort and handling, and many owners rave about the up-level stereo system, Finally, many owners note that the Sentra offers a surprising amount of leg-room, relative to its overall size.

What Owners Hate

Common complaints include cheap interior trim materials, a noisy engine, and some squeaks and rattles as the car ages.

Common Issues

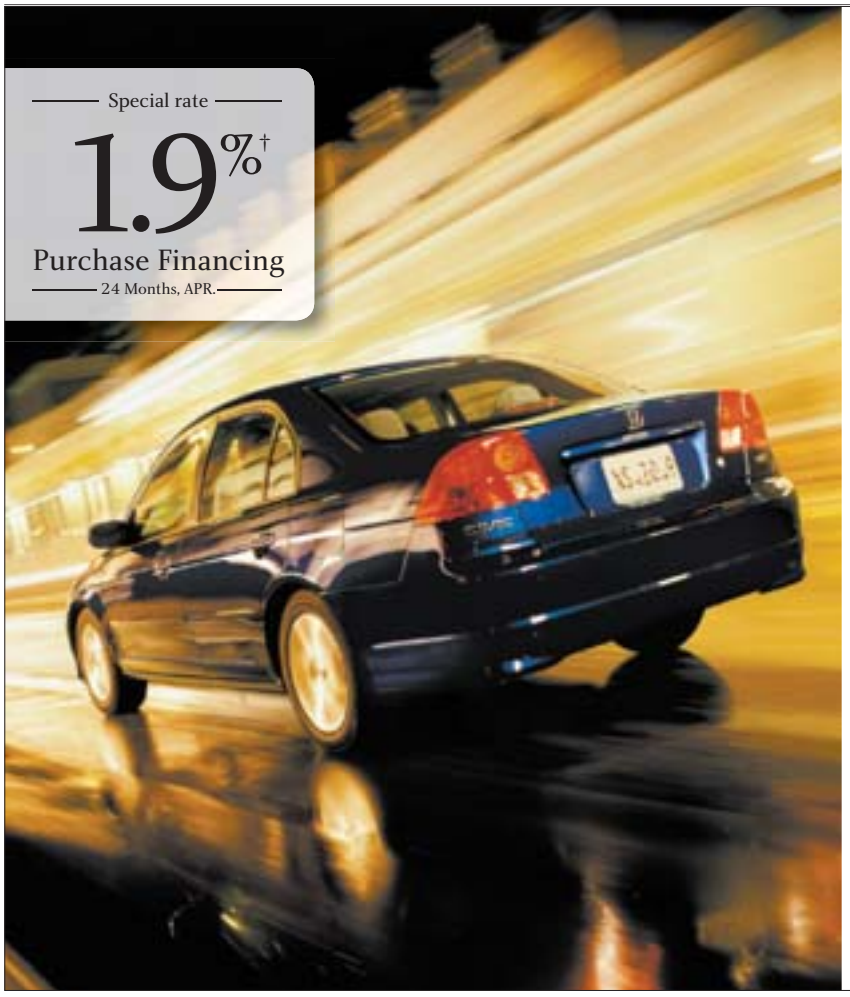
A failure to start, or random engine stalling, could be caused by a corrosion-promoting foam used in the engine computer module that slowly decomposes and releases small amounts of corrosive gas into the computer.

This can ruin computer connections and lead to a slew of drivability problems and 'check engine light' illumination. This problem could be frustrating, but it's an easy fix — as well as a recall item.

The verdict

Your safest bet in a used Nissan Sentra will be a Nissan-serviced model that's familiar to the selling dealer and has had all the manufacturer's recall work completed.

If everything checks out, you'll likely enjoy one of the compact car market's sportier contenders.



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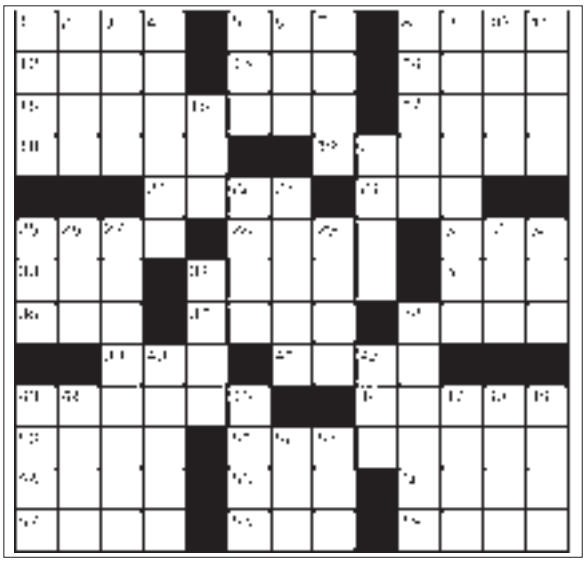
†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V (2005–2009 model years). Finance example based on 2005 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires October 31, 2010.

On your way home tonight, pick up Toronto's newest FREE DAILY play from one of our METRO PLAY AMBASSADORS around the downtown Toronto core!

Crossword



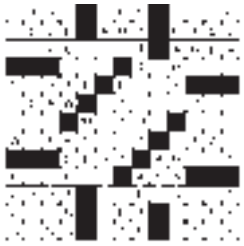
Across

1 Destiny
5 Boar's mate
8 Flat-bottomed boat
12 Composer Novello
13 — Beta Kappa
14 Corduroy ridge
15 Sad
17 Largest of the seven
18 Title-holder
19 Dr. Seuss' elephant
21 Harmonization
24 Chartres chum
25 Send forth
28 Actor Estrada
30 Spinning meas.
33 Tavern
34 Nourishes
35 Raw rock
36 Kinsman, briefly
37 Hurler Hershiser
38 Entanglement
39 Promptly
41 Actress Moore
43 Rook
46 A Musketeer
50 Settled down
51 Negative aspect
54 Fashion
55 Festive
56 Singer Sheryl
57 Noble
58 Prior to
59 His and —

Down

1 Loyal pooch
2 Acknowledge
3 Village
4 Hemingway or Borgnine
5 Masseur's workplace
6 Sounds of surprise
7 Accompanying
8 Honey bunch?
9 Able to withstand anything
10 Hodgepodge
11 Withdraw from a habit
16 Weep
20 Erstwhile acorns
22 — -do-well
23 Words to live by
25 Recede
26 Scratch
27 Raymond Burr role
29 Between jobs
31 Expert
32 Encountered
34 Chicks and ducks and geese
38 Lowbrow stuff
40 Playful water critter
42 Chap
43 A summer place
44 Lotion additive
45 Advantage
47 Employ
48 Stench
49 Wields a needle
52 Rowing need
53 It's between ex and zee

▶ Yesterday's answer



Sudoku

	1						4	
	2	5		7		1	6	
8			2		4			7
		1	4		3	2		
		8	9		6	4		
1			6		5			9
	8	6		4		3	5	
	7						2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	5	3	7	8	9	2	4	6
2	8	7	4	6	1	5	9	3
9	6	4	2	3	5	1	7	8
3	1	5	9	2	7	8	6	4
4	7	6	3	1	8	9	2	5
8	2	9	5	4	6	7	3	1
7	9	1	6	5	3	4	8	2
6	4	8	1	9	2	3	5	7
5	3	2	8	7	4	6	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Zig, I (heart) you. I love sharing the horoscope with you. You're my sister from another mother. Soldiers of love forever my zemra. Big hug.
MILA#2

Babe, I can't believe that it's been a year and a half already. Every day that I get to spend with you is a treat, even if we're just playing Borderlands or Fat Princess ;). I love you so much, and I can't wait to see you again. Mahal kita!
GINGERBEAR

Happy birthday Stevie! Have an awesome day birthday boy! I can't wait to see you, you're amazing :).
MEG; PS ILLY

Sadiki, you are my rock, my prince, and i never knew what love is until i met u love you forever and always.
143 LIZ

hey rockstar, you make plane rides and saying goodbye on fridays unforgettable. it's fun to be us. wish I met you earlier in life.
XOXO, LADYLUCK.

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your rivals may look cool and confident but they are more worried about you than you need be about them. Yes, they have the upper hand for the time being but your time will come, and quickly.

♉ Taurus April 21-May 21 Reach out to those you work and do business with and convince them that together you can make things happen. A positive attitude is a must today.

♊ Gemini May 22-June 21 Practical problems require practical solutions and you need to grasp that fact quickly. Great things are possible for you now, but they must be based on tried and trusted methods.

♋ Cancer June 22-July 22 You may have to explain why you have made certain decisions but you don't have to be defensive about it. Loved ones and work colleagues will forgive you almost anything now, so own up to your sins in fact, be proud of them!

♌ Leo July 23-Aug.23 It may be easy to criticize certain individuals but that does not mean you have to do it. They are well aware of their faults and failings.

♍ Virgo Aug. 24- Sept. 22 This is a good time for business activities, and also for partnerships, so get together with people whose talents you admire and find ways you can work together for your mutual benefit.

♎ Libra Sept. 23-Oct. 23 The imminent new moon in your sign means you must do something creative, something that makes the most of your many talents.

♏ Scorpio Oct. 24-Nov. 22 Write down your most important aims today, because if you don't you may forget them and that would be such a waste. Making a note of them will convince your subconscious that you are serious.

♐ Sagittarius Nov. 23-Dec. 21 Put on a confident front and make sure those around you believe you have what it takes. If you look confident you will feel confident, and if you feel confident you will succeed.

♑ Capricorn Dec. 22-Jan. 20 Others can bend the rules if that's what they think it takes to succeed but you know it's unnecessary. Cosmic activity in the career area of your chart promises you won't lose out by being honest.

♒ Aquarius Jan. 21-Feb. 18 You need to move out of your comfort zone and try things that don't come naturally to you. Push yourself just a little bit harder and a little bit further each and every day.

♓ Pisces Feb. 19-March 20 Some people will disapprove of what you are aiming to do, but that won't stop you – in fact it will make you even more determined.

SALLY BROMPTON

Caption contest

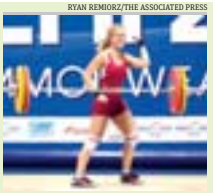
JON SUPER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RYAN REMIORZ/THE ASSOCIATED PRESS



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GRADUATE REBATE PROGRAM

™The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Santa Fe GL 2.4L 6-speed/2010 Veracruz with an annual finance rate of 0%/1.9% for 60/60 months. †Finance offers available O.A.C. from Hyundai Financial Services based on new 2010 Accent L 4 Dr 5-speed/2010 Elantra L 5-speed with an annual finance rate of 0%/0% for 84/84 months. Monthly payments are $159/$179. No down payment is required. Dealer participation of $500/$500 for 2010 Accent L 4Dr 5-speed/2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of $1,495/$1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Accent L 4Dr 5-speed for $13,330 at 0% per annum equals $158.69 per month for 84 months for a total obligation of $13,330. Cash price is **$13,330**. Example price includes Delivery and Destination of $1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. ◊†Starting Prices for 2010 Accent L 4 Dr 5-speed/2010 Elantra L 5-speed/2010 Santa Fe GL 2.4L 6-speed/2010 Veracruz are **$13,330/$15,030/$24,895/$33,895**, and models shown are: 2010 Accent 4 Dr GLS Sport/2010 Elantra Limited/2010 Santa Fe Limited/2010 Veracruz Limited is **$18,430/$23,080/$35,695/$44,195**. Delivery and Destination charges of $1,495/$1,495/$1,760/$1,760, fees, levies, charges and all applicable taxes (excluding HST) are included. Registration, insurance and license fees are excluded. ▼Fuel consumption for 2010 Elantra L 5-speed (HWY 5.6L/100KM; CITY 7.8L/100KM), 2010 Accent 4Dr L 5-speed (HWY 5.7L/100KM; CITY 7.2L/100KM) are based on EnerGuide fuel consumption ratings. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. Ω$3,000 price adjustment is available on Santa Fe 2.4L 6-Speed models. $5,000 price adjustment is only available on any 2010 Veracruz model. Certain conditions apply. ◊†ΩOffers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ∞Based on the August 2010 AIAMC report. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.